

Training and Wellbeing

Professional Support and Wellbeing Service

Training to be a consultant can be difficult, from the long hours to the exams, and sometimes trainees would benefit from having support beyond that which the clinical and educational supervisor can provide. The Professional Support and Wellbeing Service is there to provide this support both for trainees, and their educators.

Exam Support

The PSW provides various means of exam support, including 1:1 coaching over skype to discuss strategy and technique, screening for neurodiversity (dyslexia, dyspraxia, dyscalculia, etc) and



Exam Support Workshops in conjunction with psychologists .

Psychological Support

The PSW can make referrals for psychological support to those who feel that they require assistance dealing with the stresses of training, as well as problems originating outside of the working environment.

The services are provided by an outside provider, including Cognitive Behavioral therapy

Bespoke Support

As we understand that no two trainees are the same, support is provided on an individual basis, tailored so as to best provide the help you need and deal with your specific issues.

Communication

Communication skills are an essential part of being a doctor or dentist. With this in mind, the PSW offers various means at helping trainees improve their abilities, from skype coaching to workshops, covering topics from confidence issues to practical exam prep.

Neurodiversity

For those who are struggling as a result of neurodiversity, the PSW provides a variety of options aimed to provide support for the specific conditions that you may have.

Careers Support

Medicine can be a very broad and confusing world, and figuring out the next steps can be difficult. As such, the PSW provides in-depth careers advice, both in the form of general information on topics such as Less than Full Time and taking time Out of Practice, to 1:1 confidential discussion as to what the best choice for you would be.



Specialised Occupational Health

Some trainees will require adjustments to their training due to health issues such as acute or chronic illness. For such cases, the PSW can provide a referral to occupational health, and provide further support.

Emotional Intelligence

Behaviour in the workplace is an incredibly important part of working within medicine, and a vital part of that is the concept of emotional intelligence.

Knowing the strengths and weaknesses of your personality can be hugely beneficial, and allow you to develop further as a clinician.

Contact us

<https://heeo.e.hee.nhs.uk/psw/east-england-professional-support-and-well-being-service>

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