**Where next?**

Doctors are used to working hard, setting goals, continuously improving themselves and building on their list of achievements. Some manage this throughout their careers and some find bursts of energy and enthusiasm between periods of feeling they are treading water.

Are you thinking of taking on a new role, or perhaps you have already done this and are finding it more of a challenge than you expected, or simply want to do the best you can be? Our coaches can help you identify your needs and goals and support you to reach them.

If you are looking to achieve a particular goal or are wondering which direction to take next – why not meet one of the Doctors Development Unit coaching team to help you clarify your thoughts and goals and work towards making those a reality – email: [DDU@uhs.nhs.uk](mailto:DDU@uhs.nhs.uk)

In addition to your clinical world and your College, here are are some ideas you might want to consider

**Internal** (via Staffnet /VLE)

**Programmes:**

* Senior Leaders’ Development Days
* Senior Leaders’ Development Programme
* Clinical Leads’ Development Programme
* An extensive suite of clinical skills programmes including simulation
* Also ‘occasional ‘masterclasses and one offevents

**Personal development:**

* Finesse your honest conversations especially better questions and listening! Gain more insight via 360 & psychometrics (eg Myers-Briggs)
* Personal well-being – physical, psychological, emotional
* Bespoke development either team development (day) or individual

**You might consider being a Clinical lead or taking on other lead roles.**

**You can contribute by training to be a:**

* 360 facilitator
* Appraiser
* Coach/mentor
* Educational Supervisor

**External**

* Wessex Deanery
* Regional – TVWLA (Thames Valley & Wessex Leadership Academy)
* National – NHSLA (NHS Leadership Academy)

**Also consider**:

* The King’s Fund
* The Health Foundation
* Business schools