



What to expect from a careers guidance meeting

Who we are and who we support

The Career Support Team is located in the Wales Deanery at the University Hospital of Wales in Cardiff. We co-ordinate careers information and support for medical trainees across Wales. We also have career helpers located in each of the Health Boards across Wales who form a support network at a local level.

The Careers Team support all trainee doctors in Wales in managing their careers effectively. This includes:

- Foundation (FY1 and FY2)
- Core Specialty Trainees (CT1/CT2/ST1/ST2)
- Higher Specialty Trainees (ST3-ST8)
- GP Trainees

Many trainees find answers to their questions from local sources, at our careers workshops or from careers fairs. For quick questions, you can email us or call us by phone.

Sometimes a more detailed, impartial meeting with us is more appropriate, particularly for the following scenarios:

- Doubts about current Programme
- Doubts about chosen specialty
- No firm options after a recruitment round
- Not progressing in chosen pathway
- Changes in personal circumstances e.g. health, family
- Thinking about resigning
- Doubts about choice of career

Arranging a meeting with us

You can contact to the Careers Team at any point during the duration of your training in Wales through the following:

Email: pgmedicalcareers@cf.ac.uk

Telephone: 029 20687485/029 20687568

Website: <https://careers.walesdeanery.org/>

If you arrange to meet us it is helpful (though not essential) if you complete our request form in advance of a meeting. This is just to help the Careers Team to plan for your meeting. The form can be emailed to: pgmedicalcareers@cardiff.ac.uk

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You will then be contacted and by a member of the team about arrangements for a meeting. We can also arrange meetings via phone or Skype.

Guidance Meetings

Careers Guidance meetings usually last for an hour and are a confidential space for you to discuss any matter regarding your career plans and intentions to an impartial Adviser.

Meetings typically include the following:

- Expectations and confidentiality
- Finding out about your career so far
- Focusing on the current issue(s)
- Exploring options
- Action planning

Before discussions take place, the Adviser will outline to you that any matter discussed in the meeting is confidential and that any information discussed will not be disclosed under any circumstances to any other section of the Deanery without prior consent from you.

There may be occasions when sharing information with other support services can be beneficial for you, by ensuring you receive joined-up assistance. Again, this would be agreed with you during or following a meeting.