



Welcome to the Career Development Unit - dedicated to helping doctors and dentists across the Oxford Deanery fulfil their career potential. We work with trainees and established practitioners to help them get to where they want to be, and also support educators, supervisors and employers in their work with trainees.

One of the CDU team will meet you if you're wondering about your career direction, if you've hit a rough patch, or need help preparing for the next stage. This coaching support is free to trainees.

What people have said about the CDU:

'Thank you for all your invaluable help with my CV, career development, etc etc. I have thoroughly enjoyed the sessions and have learnt a great deal.'

'I really appreciated someone spending so much time listening to me and my concerns.'

'For the first time I really understood what I was not doing well...and what I had to do differently.'

HELPFUL DOCUMENTS TO DOWNLOAD

Choosing your medical specialty

For information on different specialties look at the recently relaunched national website www.medicalcareers.nhs.uk and for details of local opportunities see the [NHS Education South Central](#) site. Check out the free [MedicCareers](#) workshops for Foundation trainees, provided across Oxford Deanery.

- You can also access the [Sci59](#) online tool for career choices

- If you have a really difficult career dilemma, perhaps because you need to adjust your career path due to ill health or personal circumstances, you might benefit from our personal career guidance.
- Read our career case studies and FAQs to learn more.

Not enjoying work?

- Not enjoying your job? Perhaps there are problems with your work environment or you're having to deal with difficult circumstances. You may have had some difficult feedback or realise that you've not been performing at your best. Whether you're a trainee, a dentist, a GP or a consultant, why not refer yourself for our confidential personal coaching service. Read our personal coaching case study and FAQs.
- If you have personal difficulties that counselling might help you address, you can arrange sessions with Medic Support
- If you've been referred to us by your trainer or your Trust or PCT, personal coaching is a real opportunity to get support to help you back on track. You can read about the type of situations with which the CDU works, in our case studies and FAQs.

Are you trying to help a doctor or dentist in difficulty?

- **NEW!** CDU booklet (pdf) for educational supervisors, Helping a Trainee in Difficulty: a five-point plan for medical educators, which describes different levels of difficulty, what you need to do and who to involve at each stage
- Read the full Helping a Trainee in Difficulty Policy
- Maybe you're concerned about a colleague?
- Like to talk to the CDU? Email us on cdu@oxford-pgmde.co.uk we will get back to you.
- If you want to make a referral, email cdu@oxford-pgmde.co.uk with brief details.