The trainee career support model:

The trainee support model works as a three tier process:

1st tier:
Within the South Thames Foundation School educational supervisors in each of the trusts are the first point of contact for foundation trainees.

2nd tier:
Foundation trainees may be referred to foundation programme leads/trust careers leads and DMEs at trust level who have received additional training in careers support.

3rd tier:
Trainees who are experiencing difficulty in planning their careers may be referred to the STFS Careers Team. The referral process is via educational supervisor/medical education manager/training programme director. The resulting careers interview is completely impartial and confidential.

See the careers support model (below) which shows how postgraduate doctors are supported in STFS:

Resources:
- ROADS to Success: A practical approach to career planning for medical students, foundation trainees and their supervisors
- UK medical careers website www.medicalcareers.nhs.uk

Career planning activities:
Career planning activities are included in the foundation programme curriculum and run by the trust career leads or by the STFS careers team. In South London trusts the Careers Group - University of London may run some of the workshops.
Examples: F1 Workshop: A Framework for Career Planning
For further information see: [www.medicalcareers.nhs.uk](http://www.medicalcareers.nhs.uk)

The careers team manage the UK medical careers website on behalf of the Department of Health and have produced the careers booklet ROADS to Success.

Contact us: [careers@stfs.org.uk](mailto:careers@stfs.org.uk)