



#NEXTSTAGE

Transitioning to being a Consultant

Overview

The career transition between registrar and consultant is daunting and challenging. #NEXTSTAGE has replaced the traditional course for newly qualified consultants. It will use peer-led discussion to equip attendees with the tools to continue building resilience and support networks in their local regions. #NEXTSTAGE represents a movement for new O&G consultants that will help build a positive workplace environment so that we can support one another through the emotional and relational challenges as well as the clinical ones.

Feedback and survey responses from newly qualified consultants have highlighted issues such as low morale, dealing with hierarchy amongst consultants, how to cope with adverse outcome, and difficulties with work-life balance as being key concerns. A one-day event will not give you all the solutions to these problems but peer-support is an effective way of helping people process these problems in a safe space.

Attending this educational one-day event will provide attendees with networking opportunities as well as tools to set-up regional peer-support networks of their own. There will also be breakout sessions where practical problems will be discussed - such as understanding the consultant pay structure and job planning, how to apply for Clinical Excellence Awards, how to formulate a personal development plan, and how to set up a private practice.

Who should attend?

- Consultants in O&G in their first locum Consultant post or within 2-3 years of obtaining a substantive appointment
- Post CCT/CESR O&G specialists
- Trainees acting up or in their final few months of training

After completing this course you will be able to

- Build your support network to continue assisting you through the career transition of becoming a new consultant;
- Set-up a regional peer-support group that meets your region's individual needs;
- Understand the consultant pay structure and Clinical Excellence Awards;
- Take control of your own career path moving forwards as a consultant.

Faculty

- Ted Adams, Consultant Obstetrician & Gynaecologist, Southport and Ormskirk NHST, Clinical Director and CCIO
- Jonathan Ash, Consultant Obstetrician and Gynaecologist, East Lancashire Hospitals NHST
- Alice Bird, Consultant Obstetrician, Liverpool Women's Hospital, Labour ward lead
- Victoria Bytel, Director, Membership Services, RCOG
- Susanna Crowe, Consultant Obstetrician & Gynaecologist, Barts Health London, Obstetric Lead (Royal London Hospital)
- Ann Kinderlerer, Consultant in Acute Medicine, Imperial College Healthcare NHST
- Mary Ann Lumsden, Professor of Medical Education and Gynaecology, University of Glasgow and Senior Vice-President, RCOG
- Sabrina O'Dwyer, Consultant Obstetrician & Gynaecologist, Imperial College Healthcare NHST, Lead for Antenatal Services (Queen Charlottes and Chelsea Hospital)
- Rineke Schram, Consultant Obstetrician & Deputy Medical Director East Lancashire Hospitals NHST and Chair RCOG CPD committee



Programme

Faculty Each session will be led by one or more of our expert Faculty. The Faculty include Mary-Ann Lumsden (Senior Vice-President, RCOG) and Consultants from around the UK.

9.00am *REGISTRATION and REFRESHMENTS*

9.30am **Session 1: Impromptu Networking - Aims for the day/challenges as a consultant**

10.00am **Human Factors**

When things go wrong as a consultant, human factors are often to blame. This session provides a framework for thinking about human factors and a safe space to share stories and learning.

10.45am *REFRESHMENTS*

11.10am **Session 2: Revalidation, eportfolio and appraisals**

The college is introducing a new e-portfolio for consultants and this will be a chance to feed back to the college team about portfolio design.

11.40am **Interactive Quick Fire Signposts Part 1**

*Please pre-select at registration which 3 breakouts you would like to attend on a rotational basis
(20 minutes per session)*

- Email management
- Effective change management
- Private Practice
- Risk Management and debriefing your staff
- Complaints

12.40pm LUNCH *(two course standing fork lunch)*

1.30pm **Session 3: Hierarchy and negative workplace behaviours as a consultant**



2.15pm **Interactive Quick Fire Signposts Part 2**

Please pre-select at registration which 3 breakouts you would like to attend on a rotational basis

(20 minutes per session)

- What your Clinical Director and Business Manager needs from you
- Low Morale – how to inject some energy
- Negotiating your relationship with trainees
- Understanding job planning
- New-new consultants (a session for those in ST7 or equivalent)

3.15pm *REFRESHMENTS*

3.40pm **Session 4: How to get paid (including Clinical Excellence Awards)**

4.10pm **Session 5: What's next for you and this course?**

A round table peer-led discussion for all attendees with officers and senior college staff around the three themes:

- What is the college doing for new Consultants and what should it do?
- What did you think of the day and the format today? What went well, what are we missing?
- How useful is mentorship / coaching / peer support?

4.40pm *CLOSE*