

NW ICM Trainee Peer Mentoring Programme, 2023

Peer Mentoring Information: For Mentees

Background:

Peer Mentoring aims to provide personal and career support for Stage 1 ICM trainees in the Northwest. The mentors are senior ICM trainees with current experience of training.

ICM is a unique speciality, with a rich diversity of trainee clinical backgrounds and speciality entry routes. As such, each trainee pathway is bespoke, and potential career opportunities are also diverse. The work, although immensely rewarding, can be emotionally and physically demanding. Mentoring can help trainees to face, embrace and excel in this challenging environment. The overall aim is to optimise work and career opportunities in balance with other aspects of life.

The agenda is driven by the mentee and can cover any aspect of personal or career development. If a mentor does not have experience within a field of interest to their mentee, they will be provided with resources through the programme to refer the mentee onwards.

Supported development may explore career aspirations such as education, research, and management or personal development such as integrating into a foreign healthcare system, balancing caring responsibilities, managing time out of clinical training, and developing personal resilience.

The Programme

Stage 2-3 trainees (the mentors) will be paired with ST3-4/Stage 1 trainees (mentees) after the August rotation. Initial contact will be created by email via the programme team. Guidance on roles and expectations of mentors and mentees is provided. Participants are free to leave the programme at any point without requiring an explanation.

It is anticipated that meetings would occur at least three times per year and that meetings take around an hour (in person or virtually). 1 day per year of Study Leave may be taken for the time dedicated to Mentoring activities.

It is fully endorsed by the NW ICM School and participation is encouraged. The programme is run by Trainees and the school executive do not have access to participant lists or details. GMC Guidance for Doctors encourages participation in mentoring schemes. FICM strongly support mentoring - and have launched a mentoring scheme - Thrive - which is initially for new consultants but the resources available should be consulted, are excellent and we aim to run this scheme along similar principles.

Please sign up via the Mentee application form attached and return it to: icm.peermentoring@gmail.com

Kind Regards,

Naeem

NW ICM Peer Mentoring Programme Lead

Email: icm.peermentoring@gmail.com