# "Physician Heal Thyself"

### Transition from Trainee to Fellow

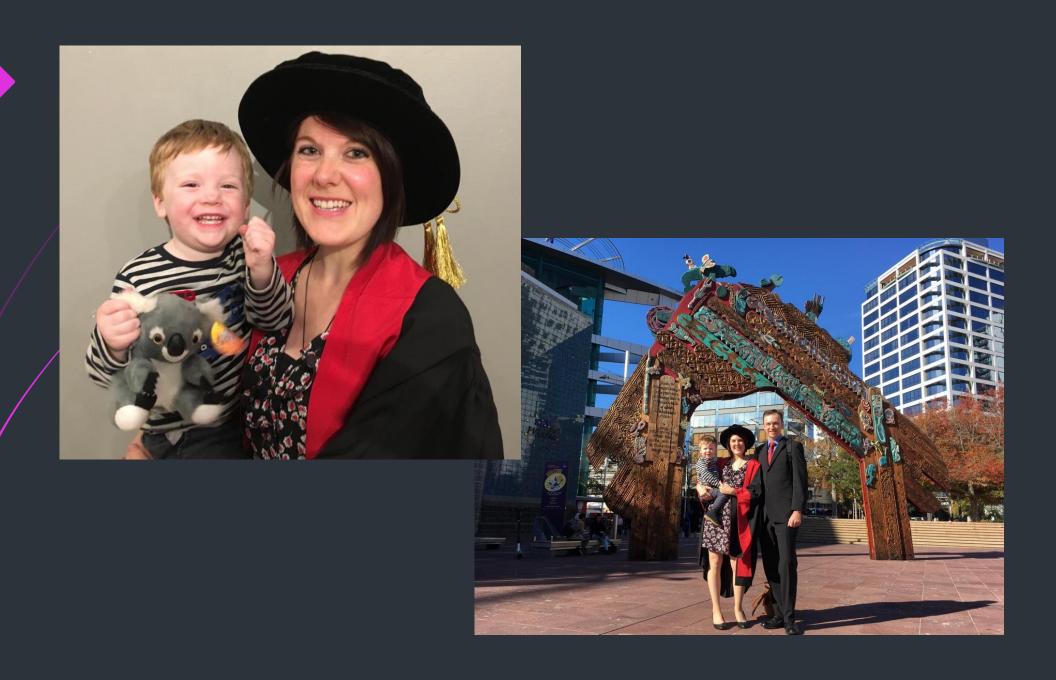
Dr Katie Thorne MBBS, FRACP, PallMedDip

## Spinning plates

- Returning to work
- New challenges
- Seek support
- Flexible training and rostering
- Changing culture







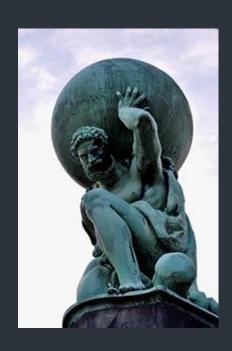
#### Getting the job

- Plan ahead
- Security
- Feel prepared
- Ikigai



#### Starting as 'the boss'

- Graduated transition
- Communicate your role
- Developing as a leader
- Set boundaries



#### You are not an island

- Peer groups
- Team discussions
- Get to know your manager
- Professional supervision



# Thank you for your time and attention







