



"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

