

Postcard Career Imagery 1

POSTCARD

Date I have worked in mental health and social inclusion at clinical, organisational, regional and national levels, mainly in managerial and strategic leadership roles.
Write a short summary of your employability and career journey to date below.

During this time I have also had trustee and non-executive roles on various charities. I was involved in setting up the post graduate diploma (at the London hospital medical school) and appointed as one of their first clinical lecturers

I have also been involved at internationally- on the boards of both COTEC (practice) and ROTOS (research)

After retiring from the NHS and DH I provided professional supervision (paid) and have continued in non-exec and trustee roles for local and national charities. I am also a mental health act manager.

Postcard promise – list three action points focussed on developing your employability. “Post” the postcard back to yourself with a calendar reminder in 3 months’ time, to review your progress towards your action points.

1. To review current roles, working towards retirement and a positive leaving process

2. Horizon scanning for new opportunities- looking beyond my comfort zone

3

Making a realistic plan, enjoying retirement but keeping some stimulating activities to achieve a good work/life balance

SPECIAL DELIVERY

ELIZABETH CASSON TRUST



Think about what your ideal career destination/s is/are (clinical/leadership/research/education) and write it/them below, for you to reflect on now and in the future.

Career Destination/s

Contribute to the community _____

Contribute to my profession _____

Enjoy retirement _____

Keep international links _____



Remember to put this postcard in your CPD Portfolio