

10 THINGS DOCTORS

CONSISTENTLY DO TO

SUCCEED

IN THEIR

CAREER CHANGE

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Medic Footprints



The key to your success is..

Hello!

I'm Abeyna; an Occupational Health (OH) doctor and Founder of Medic Footprints (MF).

I founded MF in 2014 after commencing my own challenging journey off the beaten path from conventional full time NHS medical practice.

Although I've faced so many challenges through the risks I took to develop a career that fitted my needs (not the other way round), I have never once regretted it.

.. and guess what - I've never met anyone who has regretted changes that they've made to their career too! (And I've met thousands of doctors in career change over the years!)

I now have an amazing portfolio career which works really well for my own lifestyle. I work as an OH Consultant 2-3 days a week, and run Medic Footprints the rest of the time, in addition to other businesses, projects, contracts and sporting fun!

Sounds a lot - but these commitments are spread out over time. I said goodbye to a conventional 5 day working week a long time ago. I don't work weekends, or nights either.

Despite this, I'm making a very good income from my activities, but more importantly **I love what I do**; especially when this involves helping doctors to find their own lifestyle and work balance with their wellbeing in mind.

Whatever that looks like for them!

So having worked with, observed and learned from thousands of other doctors for nearly a decade, I'm writing this easy to digest cheat sheet which may save you a lot of time in your approach to doing something different.

But that bit is actually what makes it fun and helps you to make important decisions for yourself moving forward.

Try not to ignore some of the points or think it doesn't apply to you.

Because it's more likely you'll find this is an area where you need to invest the most!

Enjoy the journey and be kind to yourself throughout!

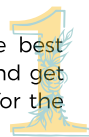
Warm wishes, **Abeyna**
[medicfootprints.org](https://www.medicfootprints.org)



10 things doctors consistently do to succeed in their career change

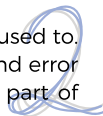
Invest in their own wellbeing

An unhappy, stressed or mentally unwell doctor cannot make the best decisions for a new career path. It's important to address this first and get help if needed. Ongoing support in this area is essential, especially for the low times (& there will be plenty!)



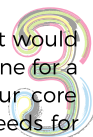
Realise that failure is an important part of the journey

As doctors, failure is extremely uncomfortable. Something we're not used to. But in order to succeed in career change, there will be a lot of trial and error before you get to 'your niche'. It's important to embrace failure as part of that.



Invest in Career Coaching

Whether paid or free, coaching helps doctors to gain clarity on what would best suit them in the next step of their career journey. Asking someone for a list of ideas just doesn't cut it. This also helps you to identify your core weaknesses and strengths - applying this to your plans & lifestyle needs for the future.



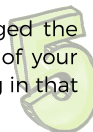
Schedule time for themselves to research, plan & evaluate

Successful doctors regularly put aside **protected time** for themselves to research their interest area, plan ahead and evaluate any steps that they've taken thus far.



Have one or several mentors

Most doctors I see who have reached their ambitions have leveraged the influence of mentors in their chosen areas. As an important part of your chances of success, I recommend pro-actively find someone working in that area who can advise, support and champion you.



Leverage their personal & professional networks

Opportunities frequently come from the least likely places. I know many doctors (including myself) who have started from scratch by asking existing friends, family members or colleagues for advice, referrals and so forth. Then used those connections to develop knowledge, interest, credibility and opportunity in their area of interest. Whether offline or online, pick and choose your networks wisely.



Build relationships & share their plans

Successful doctors aren't afraid to openly and honestly share their ambitions with others & build relationships over the longer term. As per the last point, it's important to be aware that opportunities can take time to evolve and develop. Many of these emerge from ongoing relationships; and as mentioned before, the least likely places!





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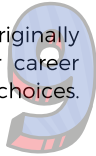
Stay visible

Depending on what their network demands - whether this is simply showing up at an event, participating in forums or publishing thought pieces, the most successful doctors find ways to be at the forefront of people's minds for when the right opportunity comes along.



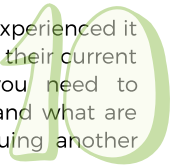
Keep an open mind

Most successful doctors find themselves in places they hadn't originally imagined. And they love it. Although focus is important in your career journey, don't let this become too narrowed as this can limit your choices. Opportunities come in all shapes and sizes.



Know how to avoid burnout

Most of those who know how to avoid burnout, have actually experienced it before. Most doctors look to change careers because they find their current situation really stressful due to various reasons. What you need to understand is why you want to leave your current situation and what are your current limitations? This will inform you whether pursuing another highly stressful job is likely to be sustainable for you.



Join and contribute towards the Medic Footprints community!

Doctors we've supported over the years have successfully found career opportunities through us in countless areas including Lifestyle Medicine, Management Consultancy, Health Technology, Medical Journalism, and more..!

Many have also found opportunities by sharing their own stories, resulting in others reaching out to them directly. We also have a Premium membership for doctors wanting to invest more in their experience.

Keep in touch with us through our website, newsletter and social media fora and I'm confident that in applying these principles you'll be successful in your own plans.



.. and don't forget the door to 'conventional' Medicine is NEVER closed, unless you want it to be. I know lots of people who have returned to their usual arrangement because it was a preferred option for them after they explored alternatives.

Medicine is simply an amazing foundation to do so much good in this world!

I look forward to see how you decide to use it! XX