

OCTOBER 2021

# SOFT-LANDING



## Update from our Grid Application Evening 28.09.21



Dr Kunal Babla  
Consultant Neonatologist  
University College London Hospital

Most UK trainees grow up trained to make a career by filling these application forms. Remember - the end goal is the career you want and not just the next job.

The application should represent who you are and what you are as a medical professional. The application form is for assessment, shortlisting, selection and differentiation between applicants. And the last point is a great strength for IMGs as they are able to harness their diverse work experience in their application.

'Prior preparation prevents poor performance'. Take time to reflect and write down your skills in areas of clinical experience, leadership and teamwork, communication, research, teaching and governance. Make sure you are ready for the form when it's advertised !



Make a clear direct statement about yourself  
Do not make general statements that could be about any person

*Now is not the time to be modest !*

**QUOTE**



Give a clear, but succinct example that demonstrates your abilities

**EXPAND  
& EXPLAIN**



What you learned and how that experience made you better ?

How you intend to build on what you have learnt?

What this example demonstrates about you?

**THE  
CARDINAL**



- Do not say anything that is not true
- Do not submit without checking and rechecking your form
- Do not leave any boxes empty
- Answer the question, the whole question and nothing but the question

*...and now you know what not to do!*

# 'Grid application' workshop



**Dr Alexandra Pelivan**  
PEM CSAC Trainee Rep

- Do not hesitate to contact the right person for help: Trainees who have gone through the process, consultants familiar with the process, nationally - CSAC members (trainee reps / training advisers)
- Classify your e-portfolio: Clinical, Teaching, Research and Publication, Management / Governance and try to score in each domain rather than giving loads of evidence for just one
- The initial section of the application requires lots of details that takes time to fill in - start early
- For the interview: Be prepared to answer 'Why do you want to do this subspecialty?'



Recruitment into sub-specialty training-application guidance

Stage of process	Date
Programmes advertised and advert published by	End of day, Wednesday 13 October 2021
Applications open	Wednesday 27 October 2021
Confirmation of eligibility forms to deanery latest	Monday 8 November 2021
Applications close	12 noon, Wednesday 17 November 2021
Shortlisting commences	Monday 22 November 2021
Shortlisting to be completed by	Monday 6 December 2021
Invitations to interview	w/c Monday 13 December 2021
Sub-specialty interview period	Monday 17 January - Wednesday 2 February 2022
Deadline for confirmation of preference choices	Wednesday 2 February 2022
Matching process	w/c Monday 31 January 2022
Offers will be made	From Wednesday 9 February 2022
Clearing round	w/c Monday 21 February 2022



- Make yourself known
- Be proud in sharing your success
- Don't sell yourself short
- Use 'I' but acknowledge the strength of team-working
- Get to the point - maximise output with word count
- Be sure to ask one senior person to look over



Plan early

Network well

Be yourself

**Our YouTube Channel is up and running!**  
Listen to the success stories of IMG grid trainees from different sub-specialities. Also, look out for updates from our webinars.

Good Luck!

**Regardless of who you are or what you have been, you can be what you want to be.**  
- W Clement Stone

PLAY ALL

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Soft Landing

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# Diaspora Blues



## The Homecoming

As we slowly bring the pandemic under control, borders open up and quarantine rules are relaxed. Its *homecoming* for a lot of IMGs who were unable to travel home during the lockdown. After almost a year and half of working through shifts amidst uncertainties of being able to see our loved ones, now is the time to scan the sky for a flight back home !

Yes, we have built a 'home away from home'. But the 'baggage allowance' never allowed us to bring our entire life across the seas.

*Homecoming* means re-reading those books we left behind, sleeping with our cosy pillows, and running our fingers over the piano keys in our room.

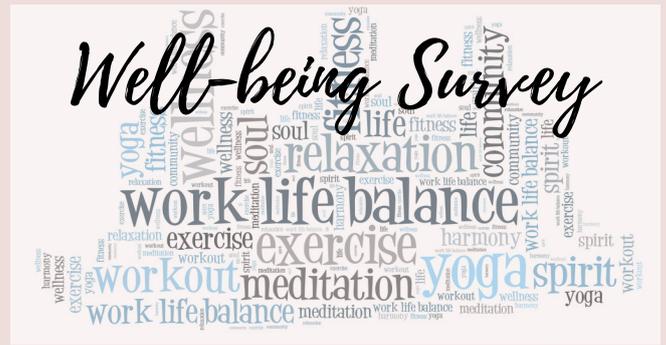
*Homecoming* means going back to our childhood, our adolescence and reliving those moments yet again with our friends and family.

It takes time to rebuild a home in a faraway land. Airlines cannot limit the treasure chest of memories we carry with us. Those memories and the joy of re-building will keep us going !

- NG



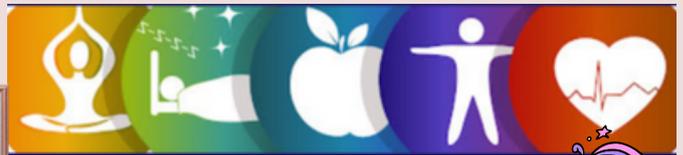
## TEAM SOFT LANDING



We acknowledge that well-being initiatives on its own without addressing systemic/institutional limitations are not fruitful. However, within its means, we would like to provide well-being support, whilst we continue to deliver educational/ career development workshops for you all.

This survey explores the Well-being themes you would like to see at our future events. Please take part in the survey so that we can tailor our well-being events according to your needs.

[Wellbeing Survey](#)



Team Soft-Landing celebrated their first 'day-out' in Oxford with a hearty meal (of course!) and a riverside walk. Our founder members, Nadia B and Habab decided to ditch the hot air balloons and *land softly* riding on their unicorns !

