



Senior Buddy Application Form

Please fill out the form below to allow us to help match you to a buddy:

Name	Ariadne Hector
Where do you live?	Lymington
What level of training are you?	ST6 Community GRID from Sept 2018
Are you a full or less than full time trainee?	LTFT
Where is your training post from March 2018?	Basingstoke
What are your career aspirations (including SPIN or Grid)?	see above
Have you had any previous mentoring experience or training?	No. I just did the training provided by the Wessex team.
What other work-related interests do you have? e.g. education, research	I generally love to give and get tailored teaching - but best on a one to one basis. A good conversation makes my day and teaching and training gives plenty of opportunities for this. I am also passionate about research. Trying to figure out something new is so inspiring and to move things forward and contribute a 'little puzzle piece' to 'the greater good' is very rewarding! I did intense genetic research in the lab for 18 months to get my MD in Germany and learned within a group of scientists how much fun their daily life and congress trips can be!
What non-work related interests do you have? i.e. hobbies?	I enjoy reading and hiking (e.g. the coastal path), running and swimming, singing and dancing. In the past few years I have become a bit 'rusty' though as all my energy went into growing and juggling my family (three children now aged 2, 4 and 7), continue my career and do up an old house in the countryside in the New Forest.

Tell us about yourself and what you can offer to a junior buddy:
(approx. 250 words)

I am originally from Germany and came to the UK initially during an exchange programme as a medical student. I loved the interesting people I met from all over the world and the country/lifestyle by the sea so much that I came back for more (intended 2 years!) after graduation. I then met my partner and decided to stay on...

I am a romantic soul who loves harmony and teamwork and I get angry about greed and people who talk badly about others behind their backs.

Coming new to an area to start a very exciting and wonderful - but also challenging - career can at times make you feel small and overwhelmed as your own support-net of friends and family are far away. Sleep deprivation and insecurity due to your awareness of your own inexperience might sometimes fuel your worry about your patients/decisions and you might lose perspective.

In those moments it is good to have someone who will care and support you to get back on track. Who is more experienced, who has been through it before and is patient enough to help you to adjust. Someone you can trust that he/she will not laugh about your 'mistakes'. You might also have questions such as 'What happens in an ARCP' or 'How shall I prepare for the membership exams / interview' or simply 'My first night as a reg is coming up and I feel so unprepared' etc.

During my 'ride' in this fascinating specialty I have had plenty of such moments/ questions and would be more than happy to offer you guidance, advice and support when you feel it could help you.