



## Senior Buddy Application Form

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

Name	Clare Smith
Where do you live?	Southampton
What level of training are you?	ST3
Are you a full or less than full time trainee?	Full time
Where is your training post from September 2017?	Winchester
What are your career aspirations (including SPIN or Grid)?	Acute end of Paediatrics (possibly PICU/Paed EM/Gen. Paeds with interest in HDU/PAU). Also significant interest in clinical leadership and management.
Have you had any previous mentoring experience or training?	No
What other work related interests do you have? e.g. education, research	Largely management and leadership but I have dabbled in education previously; I have a PGDip in Medical Education. I also have an interest in academia, until recently I was an academic trainee. My main work related interest is clinical leadership and management. I am really passionate about how doctors can lead improvements within the NHS. My next step is to undertake an MBA with a focus on healthcare, to enable me to apply business principles to the NHS.
What non-work related interests do you have? i.e. hobbies?	I do a lot of exercise, mainly gym classes 4-5 times a week. I am a keen yogi. I love cooking, especially for family and friends. I attend a church which has lots of great activities going on, and provides a real local community.

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

I am a friendly and enthusiastic Paediatric trainee with a keen interest in acute Paediatrics and clinical leadership/management. Work-life balance is super important to me.

I am down to earth and easy going. I have experience across multiple healthcare domains including research, education and leadership.

I have recently completed my first registrar job at Poole which taught me a lot about transitioning from an SHO to a registrar. I have previously taken time out of programme to work in London as a clinical fellow on a management/leadership programme. Therefore I can specifically discuss transition to registrar roles and time out of programme.

I can offer a friendly face, a relaxed approach and experience from many areas of healthcare.

I would be happy to meet up over coffee and/or a glass of wine, to generally chat about the highs and lows of Paediatric training and provide useful hints and tips, as well as support you in crafting out a future that brings out the best in you.