



Senior Buddy Application Form

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

Name	James Ashton
Where do you live?	Winchester
What level of training are you?	ST4 (PhD, currently out of programme)
Are you a full or less than full time trainee?	Full time
Where is your training post from September 2017?	Southampton- research
What are your career aspirations (including SPIN or Grid)?	Academic Paediatric Gastroenterology
Have you had any previous mentoring experience or training?	No
What other work related interests do you have? e.g. education, research	Research- IBD and Nutrition
What non-work related interests do you have? i.e. hobbies?	Sports (running, hockey, sailing etc.) Travel
Tell us about yourself and what you can offer to a mentee: (approx. 250 words)	<p>I really enjoy my job. I would like to be able to offer a mentee any advice and wisdom I have picked up from 5 years in Wessex (3 in paed) that have made it easier to enjoy work, get the most out of the jobs and ensure that going to work is something to look forward to.</p> <p>Maintaining an active work/life balance is very important and I keep busy with (work) and hobbies, most of which involve sport or travel.</p> <p>Additionally I can offer an academic perspective on training in Wessex, help with advice on publications, presentations, fellowship applications and general academic/clinical life balancing. I'm currently starting a PhD and it would be great to help others interested in research to be supported as much as I have. Additionally having completed my SHO jobs in</p>

	<p>Southampton, Basingstoke and Winchester I can offer some support with adapting to clinical work in paediatrics and exams.</p>
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