

# Guidance for content for your interactive career framework video.

## **1) Briefly outline your professional journey that led up to securing your current role**

For guidance, this may include details about your training and education, the roles you've undertaken, and the challenges or sources of inspiration you've encountered along the way. You might also want to highlight particular skills or interests that have influenced your decisions and shaped your professional journey. By reflecting on these aspects, you can provide a comprehensive overview of the factors that have guided your career path and contributed to your growth and development.

## **2) Please outline what your typical working week/day looks like.**

For guidance, you may want to describe how you manage work/life balance, including how you handle work-related travel. Consider whether your work setting is clinical, office-based, or in another environment, and reflect on the role of administrative tasks, learning and development opportunities, project work, leadership, and coaching in your routine. As you describe these aspects, think about how they contribute to the four pillars of professional practice: clinical practice, leadership, education, and research. This can help you to clearly articulate the various elements of your role and their impact on your professional development and overall well-being.

## **3) Please outline the best bits about your role.**

For guidance: Explain what you love about your role, what makes it rewarding, and what sets it apart. Consider what motivates you to get out of bed each morning (or evening!) to do this work. It could be something specific about the role itself, or perhaps how the role supports a better work-life balance. Focus on the aspects that bring you satisfaction and fulfilment in your day-to-day responsibilities.

## **4) Please outline the parts of your role that you find challenging.**

For guidance: Be honest about what you find challenging or difficult in your role. This could be something that causes you stress or anxiety, such as a physically demanding task, the emotional impact of your work, or the effects of your working hours on your work-life balance. Try to be specific to your role, and ensure that any challenge you describe isn't personal in nature, such as 'my manager gives me too much work'.

## **5) What continuing professional development are you embarking on, or thinking about next?**

Please describe some areas of your professional practice that you have identified for development. You might want to include something you are already doing or considering. If you feel comfortable, describe an aspiration or a role you would like to pursue in the future, and what you are currently doing or might do to achieve this.

## **6) Please could you share the advice you would give to others aspiring to reach your position?**

For guidance, consider reflecting on what you might have done differently if you had the knowledge and experience you possess now. Think about how the changing context of the paramedic profession might have influenced your decisions. The advice you offer doesn't necessarily need to align with the path you've taken—consider what you might recommend to someone starting out today, based on the insights you've gained over time. This reflection can provide valuable perspective on how you've adapted and what you've learned along your journey.