

# Support for trainees requiring additional support

The F|Docs Plus Programme is offering a pilot programme for trainees who may want additional support in the HEE Yorkshire & Humber region. This programme comes under the F|Docs Plus programme and there are no additional costs associated.

The support involves access to an appointed mentor who will support the trainee through the year with virtual sessions, agreed goals, plan and support with actions and accountability.

The mentoring support is being delivered by our partners The Portfolio Clinic who focus on supporting junior doctors through focussed career and portfolio development packages and have a pool of experienced clinicians.

The three aims of the mentoring support programme are:

- 1) Personalised feedback: our mentors will work through their mentee's portfolio and identify key areas for your professional and career development.
- 2) Goal-orientated feedback: the focus of our clinics will be about assisting the mentee in achieving their personal aims.
- 3) Practical feedback: With a focus on timescales, our mentors will support mentee development through achievable routes.

## **How to access the programme**

The trainee must be identified and will then need to register on The Portfolio Clinic website. They will then be able to access the Mentee Hub. Here the mentees will be prompted to complete a pre-clinic survey and sign the mentee contract before booking in an initial consultation with a senior mentor. Subsequently, they will have the opportunity to book online into an allocated mentor's clinic at a time convenient to them. The initial 30 minute clinic will be an opportunity to discuss development areas highlighted at the initial consultation, be introduced to useful resources and create goals with specific timeframes for follow up in later clinics.

To register as a mentee at The Portfolio Clinic click the following link and follow the instructions - <http://theportfolioclinic.com/mentee-registration-new/>

If you have any questions please email [f-docs@medics.academy](mailto:f-docs@medics.academy)