# Mentoring into Occupational Health

## Are you a registered health professional interested in a move into Occupational Health?

SOM and the NSOH are hosting a free mentoring service for those considering a move into a career within Occupational Health. The service is committed to fostering growth, instilling confidence and nurturing success. Our mentors are trained and experienced professionals within the multidisciplinary team of OH.

Use of the mentor service will enable you to explore and understand a career in Occupational Health.

We will help you to decide if this is the career for you and if so, support your transition with all the tools you need.

From background reading to CV and interview skills, our mentors provide guidance individually, in group sessions or both.

As a mentee you will receive a set number of sessions with your choice of mentor plus access to group mentoring.

## Benefits of mentoring include:

- Provision of an understanding of OH.
- Reliable information and resources to prepare and upskill.
- Identifying transferable skills.
- An understanding of the task requirements within OH and varying delivery mechanisms.
- Signposting to shadow opportunities.
- Building confidence for a move.
- Widening professional networking within the specialty with the introduction to membership and networking groups.
- Advice on further training and education within OH.
- Improving the chances of obtaining a role in OH with CV and interview skills.

Find out more at https://ohcareers.info/

**What a brilliant platform this is, especially for new people wanting to get into OH**

***Lauren Widdowson (Registered Nurse)***

National School of Occupational Health

Supporting occupational health and wellbeing professionals

iOH The Association of OH & Wellbeing Professionals

ACPOHE PHYSIOS FOR WORK AND HEALTH

fohn

Vocational Rehabilitation Association