

Planning your career

This section offers you tools, tips, advice and exercises for planning your career.

It takes you through our four stages of career planning which help you develop your own career management skills.



The career planning framework we recommend has four stages:

- [self assessment](#) ^[1]
- [exploring your options](#) ^[2]
- [decision making](#) ^[3]
- [applications and interviews](#) ^[4]

More information on each of these stages is below. If you are a doctor, you can also register with us and start building your personal profile with our career tools.

There is also wide range of information on the roles you could do in the [explore roles section](#) ^[5] and get bitesize careers information through our [compare roles section](#) ^[6].

- Self assessment

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[Self assessment](#) ^[1] is an honest appraisal of yourself and is the first step towards discovering the job role that suits you. These pages include activities to discover your values, skills and interests and how they can be used when considering your future career.

- Exploring your options

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Exploring your options [2] through good research is an essential step to choosing a job role in health. This stage is about knowing where to look and what to look for. The explore roles section [5] provides information on a wide variety of career options in health.

- Decision making

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Once you have developed an understanding of yourself and the job role(s) you are interested, you're in a great place to start making decisions [3]. Here you will find ways to integrate what you've learned about your career options with your self-assessment so that you can put your career plan together.

- Applications and interviews

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Now you have made some career/job role choices, you'll want to take the next step. Take a look at our applications and interviews [4] section for advice on applying for jobs and courses, and how to succeed in interviews.

Source URL: <https://www.healthcareers.nhs.uk/career-planning/improving-your-chances/planning-your-career>

Links

[1] <https://www.healthcareers.nhs.uk/career-planning/planning-your-career/self-assessment>

[2] <https://www.healthcareers.nhs.uk/career-planning/planning-your-career/exploring-your-options>

[3] <https://www.healthcareers.nhs.uk/career-planning/planning-your-career/decision-making>

[4] <https://www.healthcareers.nhs.uk/career-planning/planning-your-career/applications-and-interviews>

[5] <https://www.healthcareers.nhs.uk/explore-roles>

[6] <https://www.healthcareers.nhs.uk/explore-roles/compare-roles>