

« b. Develop your educational skills

Ideas for incremental development as an educator include:

1. Developing and delivering:
 - i. In-practice one-to-one training serial
 - ii. In-practice training serial to multiple learners
 - iii. Presentation at a regional study day
 - iv. Presentation or webinar to a national audience
2. Applying to work as an:
 - i. Educational supervisor
 - ii. Undergraduate tutor at a dental school
 - iii. Postgraduate tutor
 - iv. Formalised training and development as a medical educator.
For example, a postgraduate certificate in Medical (or Dental) Education, with the option to extend this to Diploma or Masters-level
 - v. Join and engage with the Faculty of Dental Trainers (Royal College of Surgeons of Edinburgh), or similar organisation.

6. Seek to balance life and work – avoiding ‘burn-out’

a. Consider what your priorities are in life

Seek to organise your schedule to flex time towards those things that matter most.

b. Consider a change of scene

Personal and family circumstances vary, but if possible, relocating to a

new role or geographical location presents an exciting opportunity to reorientate your outlook and explore new opportunities.

c. Volunteer your time and skills

Offering your time and skills for the benefit of others, without the expectation of remuneration, often provides a holistic reward to the volunteer whilst also benefitting wider society.

References

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Top tips are intended as a series of experiential tips, rather than a compendium of the evidence. +

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BDA AGMs

BDA Northern Ireland Branch AGM
 Tuesday 14 November 2023
 18:30–19:00
 The Malone Hotel, 60 Eglantine Avenue, Malone Road, Belfast BT9 6DY
 The AGM is available to BDA members only. This is followed by a lecture ‘Conversations that convert’ where all members of the dental team are welcome to attend providing an opportunity to come together with local colleagues to learn and network.
 For further information and to book please visit: <https://www.bda.org/events/branches-sections/Pages/northern-ireland-branch-tuesday-14-november-2023.aspx>.

BDA Central Counties Branch AGM
 Monday 27 November 2023
 19:00–19:30
 Harbourne Golf Club, 40 Tennal Road, Birmingham B32 2JE
 The AGM is available to BDA members only. Non-members are welcome to attend the lecture ‘Developments in NHS dentistry’ at 19:45.
 For further information and to book please visit: <https://www.bda.org/events/branches-sections/Pages/central-counties-branch-monday-27-november-2023.aspx>.

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