

# **IMPERIAL SCHOOL OF ANAESTHESIA MENTORING SERVICE**

**MENTORING PROVIDES AN INFORMAL AND CONFIDENTIAL ENVIRONMENT WHERE OPPORTUNITIES, DILEMMAS AND PROBLEMS CAN BE ADDRESSED AND DISCUSSED. TYPICAL TOPIC AREAS DISCUSSED DURING MENTORING INCLUDE:**

- **TIME MANAGEMENT**
- **CONFLICT**
- **MAKING A CAREER DECISION**
- **FUTURE PERSONAL AND PROFESSIONAL DEVELOPMENT**

**ISA are providing a mentoring service for anaesthetic trainees and trust grade doctors. This service will link you with a trained mentor who will meet with you via video-calling over four 1.5hour sessions. For further information, please contact the mentoring team at [mentoring.isa@gmail.com](mailto:mentoring.isa@gmail.com)**