

# Healthcare Science Trainees & Supervisors Event – February 2023

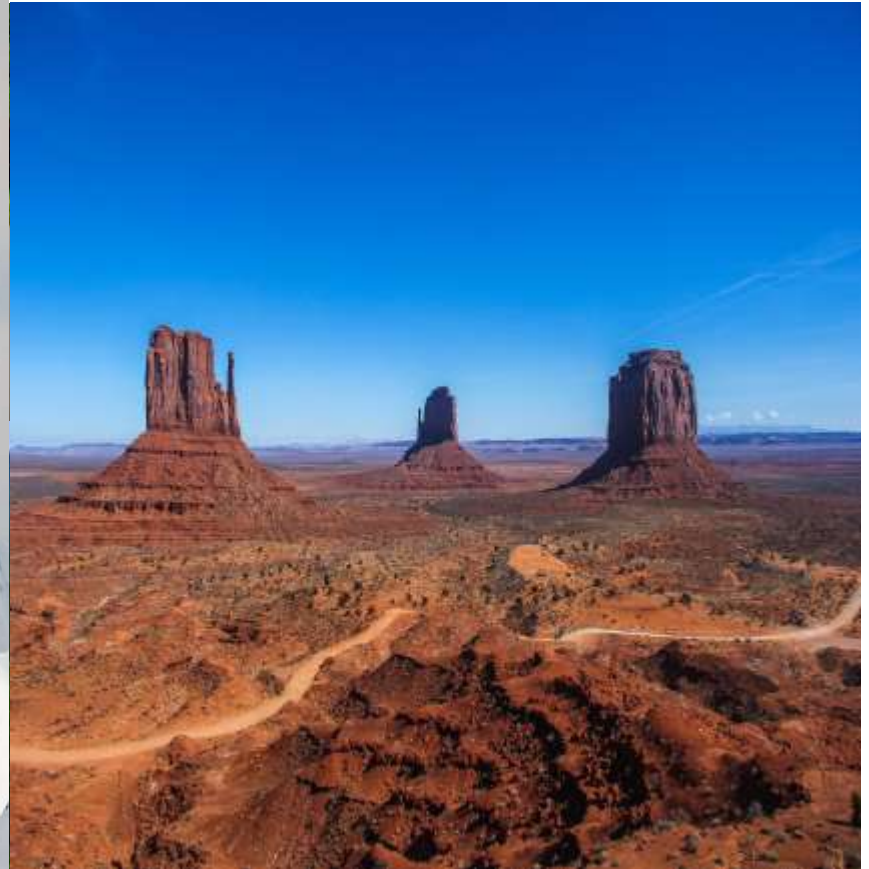
A photograph of a long, straight road stretching towards snow-capped mountains under a clear blue sky. The road has yellow dashed lines in the center and solid yellow lines on the sides. The mountains are covered in patches of snow and are set against a clear blue sky. The foreground is a dry, brownish field.

**Personal Career Development**

**A destination or a journey?**

# Goals and Experiences

## Career Development & Progression



# Attributes That Will Support You



**Self Awareness**



**Growth  
Mindset**



# The Importance of Self Awareness Leading to Change

SIGN UP



<https://leadingtochange.scot/>



# The Importance of Self Awareness

## TURAS 360 Feedback Tool



Collaborating and Influencing



Creativity and Innovation



Empowering



Motivating and Inspiring



Self-leadership



Vision

# Adopting The Optimum Mindset



# Use Your Values Compass



# Final Thoughts

