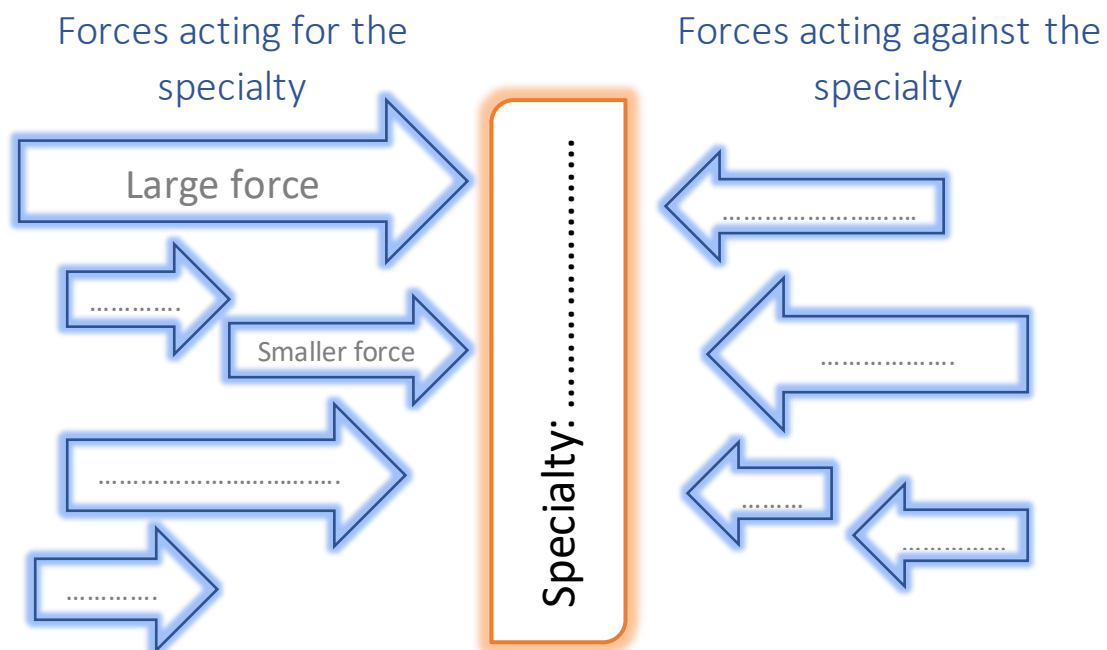


# Force-field analysis

Force field analysis encourages you to analyse the factors that are acting for and against a decision. The central box represents the specialty under consideration, on either side draw arrows to indicate the forces that are pushing/pulling you towards the specialty and those that are pushing/pulling you away. The size of the arrow indicates the strength of the force.

When identifying the factors that will be placed in your arrows make sure you consider all aspects of the situation:

- Your perception of the day to day job as a junior doctor
- Your perception of the day to day job as a consultant
- Factual information about the training like length of training, control over the location, competition ratios
- Factual information about the specialty after CCT like other career opportunities, likely rota requirements, chance for flexible working
- How well the specialty matches your values
- How well the specialty matches your skills
- What your friends/family might suggest



Consider whether there are changes that could occur or things that you might do that would increase or decrease the size of any of your arrows.

Complete this process for each of the specialities that you are considering.

*Speciality 1: .....*

*Speciality 2: .....*

Speciality 4: .....

Speciality 3: .....