



June 2020

On behalf of Ontario Health – HealthForceOntario, we would like to extend our CONGRATULATIONS on your acceptance into your post-graduate medical residency program. Our team of Regional Advisors look forward to working with you when you would like assistance to find practice opportunities and transition into practice.

It may seem like you don't have to think about job searching now, but we encourage you to keep in mind that your time in residency provides an opportunity to be well prepared to take the next steps to independent practice in the future. Today, we would like to offer the following 5 tips as you start your training:

1. Develop your network – make a great impression
2. Participate in committees, teaching, and research projects
3. Explore different settings/places to work during your electives
4. Create a work life balance for yourself
5. Look for opportunities to learn about managing your practice

Practice Ontario – A Free Career Planning Service for Ontario's Medical Residents

During residency, we offer a **Practice Ontario** service that is free to medical residents. Our services include:

- **Education sessions or workshops** for resident groups that can be customized to address career considerations by program/specialty. Topics include:
 - Practical steps and resources for transitioning into practice
 - Job market for each specialty
 - Job searching strategies
 - Compensation models & incentives
 - CVs & interview preparation
 - Finding locums
- **Advisory services** to provide personal 1:1 job search assistance throughout Ontario.
- An online **Toolkit** that includes practical resources for the various aspects related to transitioning into practice. Link: http://www.healthforceontario.ca/en/Home/All_Programs/Practice_Ontario/TiPS
- **HFOJobs.ca** is an on-line job board that connects health care organizations, communities & employers to health care professionals seeking employment (Full-time, Part-time & Locum). Search for Ontario positions by practice preferences, employer name, and/or location and view opportunities on an interactive map. <https://hfojobs.healthforceontario.ca/en/>

More information can be found on our website <http://www.healthforceontario.ca/en/Home> and to contact a Regional Advisor about any of the above services, send a message to practiceontario@healthforceontario.ca

Good Luck!