

<a href="#">Introduction</a>	A short introduction to the purpose of this podcast series
<a href="#">Episode One</a>	GP trainee, Dr CJ covers tips for the portfolio and how to escalate to seniors as an IMG doctor
<a href="#">Episode Two</a>	Dr Elyas, Paediatrics ST4 shares her journey into training and the challenges she faced
<a href="#">Episode Three</a>	Dr Cristina shares her experiences of communication challenges at work and working less than full time
<a href="#">Episode Four</a>	Dr Kike describes the challenges she faced with bringing her family to the UK as well as challenges with the visa process as an IMG
<a href="#">Episode Five</a>	Dr Mahwish shares experiences from her trust grade job, reverse mentoring, resilience and self-compassion as an IMG
<a href="#">Episode Six</a>	Differential Attainment GP TPD, Dr Robert Amedzro, shares his views on the common challenges faced by IMG trainees
<a href="#">Episode Seven</a>	EDI Lead and HR Manager, Mano Jamieson, discusses what HR teams can do to improve the IMG transition, recognising racism respond to microaggressions
<a href="#">Episode Eight</a>	Dr Tolu, a trust grade IMG doctor, shares her experience of adapting to working in the UK, overcoming communication difficulties isolation

Best wishes  
Allison

Kind Regards

Allison

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