

# YOUR CAREER, YOUR CHOICE

Your entry into the full time workforce is a very exciting and nerve racking time. Ensuring you make the right decision is a critical step. Physiotherapy is a big field and requires a diverse skill set. You need to make sure you are going into a role where you are very well supported and going to be nurtured and upskilled at the start of your career. Working with an employer who will help you build a rock solid foundation is essential to you having a long, prosperous and fulfilling career. The right choice will also help you avoid the pitfalls of burnout that unfortunately so many young physios face. Make sure you do your research and ask people who have worked at the practices you are looking at to see what they really think. Here's a list of things to consider:

## BEWARE OF

- Burn and churn model: 15-20 mins appts
- Multiple appointments at once
- Intermittent CPD sessions
- Unimodal based care
- Predominantly biomedical model
- Exercise rehab options limited to theraband and 5-10kg weights
- Transient symptom modification treatment promoted
- Minimal to no personal support
- Minimal to no access to senior clinicians to discuss client care
- Lacking connection with your clients
- Not seeing your ideal client
- Repetitive, uninspiring work

## PROACTIVE PHYSIO

- Time to appropriately care: 60min initial consults, 30min follow ups
- 1:1 care allocated for entirety of every appointment
- Weekly ongoing CPD
- Comprehensive, personalised therapy combining exercise, education and manual therapy
- Incorporate a Biopsychosocial model into private practice care
- Fully equipped gym with over 1000kg of weights + Pilates equipment
- Outcome driven, Behaviour change specialists
- Weekly ongoing 1:1 mentoring sessions to help you thrive personally as well as professionally
- Readily available senior clinicians to discuss case load and treatment options
- Upskilling in motivational interviewing techniques
- Work with your employer to market to your ideal client
- Varied, challenging caseload

- No recognition for your efforts and work
- No greater purpose to your work
- Don't feel you are making a difference
- Don't feel as though you're part of a team
- No career direction
- ½-1 day induction max then into clients
- No work-life balance
- Tiny treatment rooms
- Small, cramped gym

- Regular reviews and feedback and celebration of your #wins
- Be part of a clinic with a social conscience who actively promotes a positive health message to our community
- Upskilling to ensure you fully understand your client's deeper meaning (their 'why') so you can help transform their health and their life for the better
- Regular team get togethers and events
- Clear, defined career pathway options from Day 1
- 4 month comprehensive induction into the profession
- No weekend work and ability to adjust your diary to your lifestyle
- Spacious, light filled treatment rooms
- Large gym space with plenty of room for high level activities

**Feel free to phone or email us for further information to find out about a career you'll be passionate about and a lifestyle you'll love!**

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