Programme: **Monday 18 May**

2-3.30pm PARALLEL SESSION

Survive, Grow, Thrive: The Years as a New Ophthalmology Consultant

This session offers a practical roadmap for ophthalmologists embarking on their consultant career. Structured around the theme “ Survive, Grow, Thrive ” , three recently appointed consultants will share their experiences of the first six months, building a sustainable career over five years, and balancing service development with private work and personal wellbeing. Delegates will gain candid insights, practical tips, and reassurance on how to navigate this critical career transition with confidence.

Chair: Dr Sana Hamid, Consultant Ophthalmic Surgeon, Moorfields Eye Hospital

2-2.05pm
Introduction

2.15-2.30pm
Survive: The First 6 – 12 Months

2.30-2.45pm
Grow: The First Five Years

2.45-3pm
Thrive: Beyond the Day Job

3-3.30pm Discussion