



Monday 18 May 14.00 – 15.30 Survive, Grow, Thrive – The First Five Years as a Consultant

Chairs:

Dr Sana Hamid, Consultant Ophthalmic Surgeon, Moorfields Eye Hospital

Dr Daren Hanumunthadu, Consultant Ophthalmic Surgeon, Royal Free Hospital

14.00 – 14.10 Introduction

14.10 – 14.20 Survive: The First 6–12 Months - Chairs

Essential things to do in the first months (building relationships, learning systems, managing clinics and theatres)

Avoiding common pitfalls

Establishing credibility and tackling imposter syndrome, building trust

14.20 – 14.40 Grow: The First Five Years - Hari Jayaram, Consultant Ophthalmic Surgeon, Moorfields Eye Hospital

Building a niche: balancing clinical, surgical, research, and teaching interests

Service development: spotting opportunities, making the case, delivering sustainable change

Leadership: influencing, collaborating with management, job plan navigation

Supervising colleagues (optoms, fellows, trainees)

Dealing with complaints

14.40 – 14.50 Break

14.50 – 15.10 Thrive: Beyond the Day Job - Alessandra Martins, Consultant Ophthalmic Surgeon, Moorfields Eye Hospital

Navigating NHS structures, governance, appraisal, and revalidation, complaints

Private practice: things you wish you knew before starting

Protecting work life balance, and prioritising wellbeing

Finding mentors and building long-term resilience

15.10 – 15.30 Panel Q&A and Discussion