

Created from material shared by the paediatric twitter community.
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What are the **top tips** for **stepping up** to the **registrar rota?**

And here are some of the responses...

Self Awareness

- Trust your intuition – if you think about calling 'The Boss' then call them.
- Be easy and good to yourself. Celebrate and shout loud your successes.
- Don't compare yourself with trainees more experienced than you.
- Accept that being terrified is part of 'normal'
- Be honest with yourself and ask "am I ready to step up?"

At work

- Make plans. Better for plans to change than no plans at all.
- Give credit to the SHOs, they can be awesome. Delegate what you can. You do not have to do it all.
- Take breaks and role model good working behaviours.
- When you can, take a breath and calm yourself.
- Use observation as an investigation tool
- Use whatever resources it takes – apps, websites, colleagues, chocolates
- Learn from supervising those more junior.
- Book in holidays as part of your plan.
- Keep yourself hydrated and well fed.
- Appreciate that this transition does not happen overnight and consider that this is something you have been training for, for several years.