

# Support for Providers In Early Years of Career

## Appendix

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Individuals working in the health care profession can face a plethora of challenges throughout their career, but particularly when first entering the field. Veteran providers can be a great source of support and advice, and have written numerous articles, blogs, posts, and papers on their tips, opinions and experiences. For example:

The article [“10 Things I’ve Learned in My First Post-MSW Job”](#) offers a good perspective for individuals starting off their career. While it is written from the perspective of a new social worker, the lessons apply to anyone starting off in a new job or at a new organization as a helping professional.

[“20 Tips for Nurses in Their First Year of Nursing”](#) is another article offering advice for individuals in the early stages of their career, particularly those in the nursing profession.

[“Tips for New Social Workers”](#) is a post by a clinical social worker addressing some of the beliefs, myths and paradigms that challenge social workers (and other helping professionals) in the early stages of their career.

Mentorship is one way for providers in the early stages of their career (or any stage for that matter!) to navigate the workplace and health care field generally.

There are a number of benefits to a mentor-mentoree relationship. [“Mentorship in the health professions”](#) is a review that discusses a few of those benefits.

[“How A Mentor at Work Can Help Your Career”](#) discusses how to find and work with a mentor if your workplace does not have a formal process already.

Mentoring relationships benefit more than just the mentoree!

[“Why Become a Mentor?”](#) addresses the benefits of mentoring from the perspective of the mentor.

Another supportive relationship that can help providers overcome challenges and progress in their profession is that of a coach or coaching program. See how medical residents benefit from such a program [here](#).

For more, see the [Ted Talk](#) by Atul Gawande on why having a good coach may be the key to improving, even in the face of complexity.

