

June 2021

On behalf of [Ontario Health – Health Force](#), we would like to extend our CONGRATULATIONS on your acceptance into post-graduate medical residency training. Our team of Regional Advisors look forward to working with you in the future to provide assistance with finding practice opportunities and transition into practice.

It may seem like you don't have to think about job searching now, but we encourage you to keep in mind that your time in residency provides an opportunity to be well prepared to take the next steps after your training. Today, we would like to offer the following 5 tips as you start your training:

1. Develop your network – make a great impression
2. Participate in committees, teaching, and research projects
3. Explore different settings/places to work during your electives
4. Create a work life balance for yourself
5. Look for opportunities to learn about managing your practice

Practice Ontario – A Career Planning Service for Ontario's Medical Residents

During residency, we offer a **Practice Ontario** service that is free to medical residents. Our services include:

- **Education sessions or workshops** for resident groups that can be customized to address career considerations by program/specialty. Topics include:
 - Practical steps and resources for transitioning into practice
 - Job market for each specialty
 - Job searching strategies for locum & permanent roles
 - Compensation models & incentives
 - CVs & interview preparation
- **Advisory services** to provide personal 1:1 job search assistance throughout Ontario.
- An online **Toolkit** that includes practical resources for the various aspects related to transitioning into practice. [LINK to TiPS TOOLKIT](#)
- **HFOJobs.ca** is an on-line job board that connects health care organizations, communities & employers to health care professionals seeking employment (Full-time, Part-time & Locum). Search for Ontario positions by practice preference, employer name, and/or location and view opportunities on an interactive map. [LINK TO HFOJobs.ca](#)

More information can be found on our [website](#) and to contact a Regional Advisor about any of our services, send a message to practiceontario@ontariohealth.ca

Good luck