

On Wednesday 20th February, the first GMTS Alumni Network meeting for the South West took place in Taunton, building on the current virtual network on Twitter and LinkedIn. The event was organised by current and former GMTS trainees. The intention was to bring together those people across the region who have an interest in GMTS; the event was well attended by both current trainees, alumni, programme and placement managers. We are proud to say that the feedback from the evening was really positive, giving alumni a rare opportunity to come together, building on existing relationships and to start developing new ones.

Following some early evening refreshments, Ann James, Chief Executive of University Hospitals Plymouth NHS Trust, very kindly gave a wonderful and honest presentation about her post-GMTS journey to chief executive. This was a great opportunity for recent trainees to be inspired about what their future may hold, and provided some tangible advice on next steps for alumni to progress their careers even further. We wanted to share some of our favourite quotes from the evening with you:

“ Talent is equally distributed, opportunity is not

“ When you can identify your authentic self, that’s when you work out what really drives you and where your energy comes from

“ Whatever level you are, the least you can do is give people time and respect

“ Once you’ve had an impact on someone, you can’t go back, so take the time to think about what impact you want to have



Following Ann’s talk, we asked attendees for their input on four key questions to help us continue driving the GMTS Alumni Network:

- 1) How can you help us to spread the alumni network?
- 2) What would you look for in an alumni network?
- 3) What would attract you to the alumni network?
- 4) What has been your most memorable experience on the scheme?

We have collected the results and will be using these to inform how we move forward with the Alumni Network. If you are interested in hearing about the results of the workshop or have anything to add, please do get in touch at [GMTSAlumni.SW@gmail.com](mailto:GMTSAlumni.SW@gmail.com). You can also sign up to hear about future Alumni events in the South West through this email. We are currently planning our next event, so keep an eye out!

*By Eleanor Wallace and Emily Spottiswoode, Graduate Management Trainees*

