



PSW – Dental Induction

Mary Murnaghan



Mary Murnaghan
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Manager



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PSW Support Lead



Beccy Barr
PSW Support Lead



Who are we?

Admin

Gillian Dennison

Julie Courtney

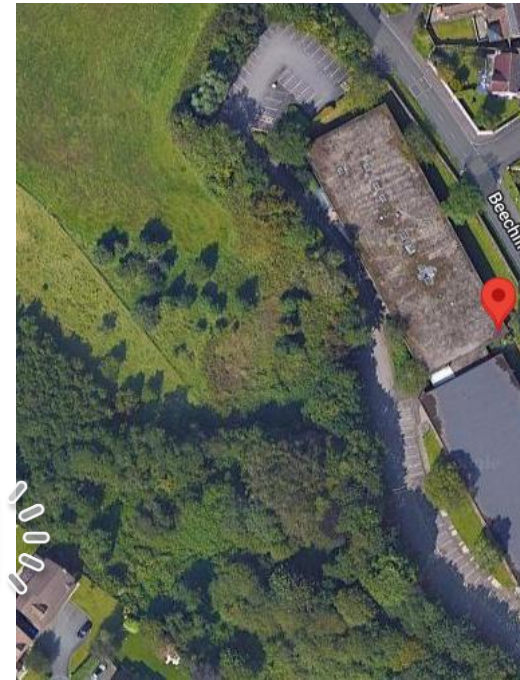
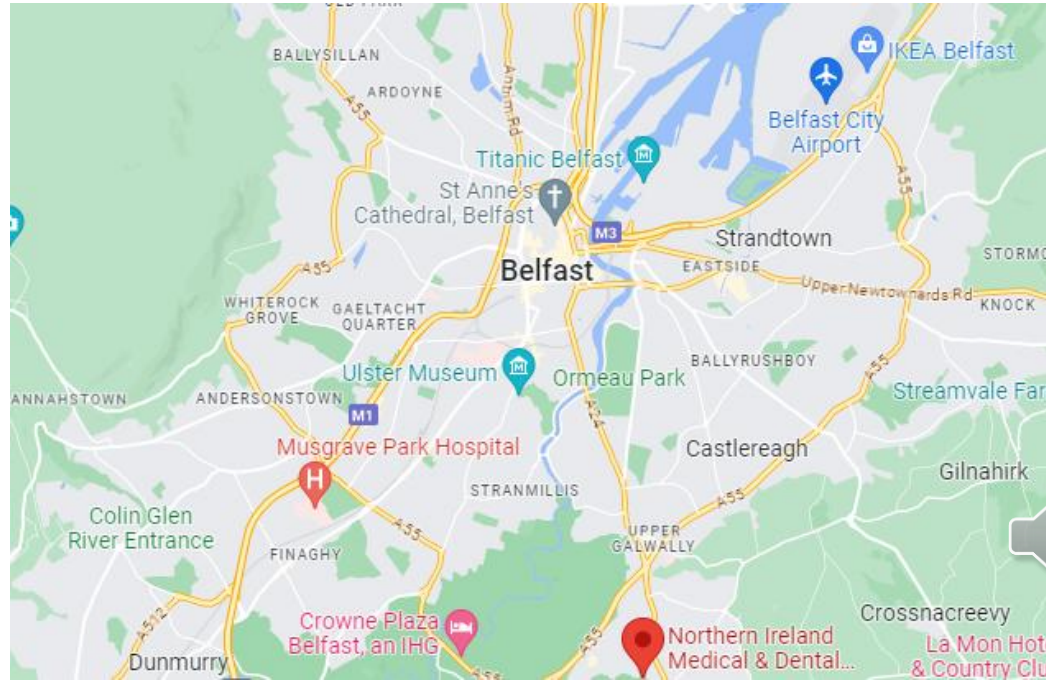
Ashley Moore

Jeanette Baillie

Monica McStravick

Fiona O'Reilly





Where are we?

What do we do?

Offer support and advice

- Careers
- Training
- Health
- Environment
- Performance



Challenges in Dentistry

- Burnout / stress / mental ill health
- Litigation
- Unrealistic patient expectations
- Instagram dentistry

Two third of dental professionals 'burnt out and exhausted'

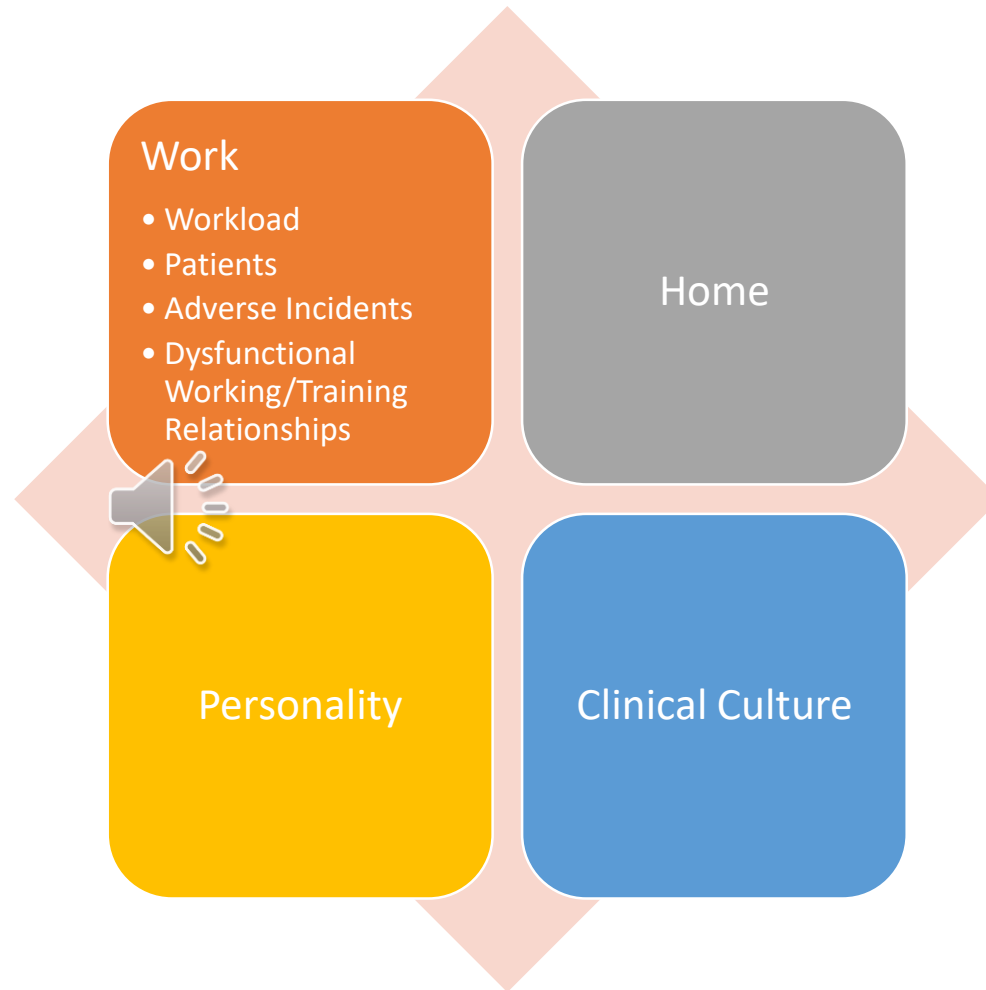
01 March 2025



Nearly two thirds (63%) of dental professionals are frequently burnt out and exhausted, while one in five (18%) describe their wellbeing as 'of concern'.

In addition, half (50%) of dental professionals feel under pressure to take on extra work, and 48% feel disillusioned.

Factors impacting on Trainee Wellbeing



RESILIENCE

The capacity to **prepare** for disruptions, **recover** from shocks and stresses, and **adapt** and **grow** from a disruptive experience.

#RebuildBETTER

Self-care: Wellbeing (1)

Food

Sleep

Toilet



Exercise

Hobbies

Register with a GP

Self-care: Wellbeing (2)



What Promotes Resilience?



What Promotes Resilience?



Capacity for mindfulness



Self-monitoring

Challenging
negative
thinking



Limit setting



Attitudes that promote constructive
and healthy engagement with (rather
than withdrawal from) the often-
difficult challenges at work

Colleagues

- Being part of a community
 - Peer Support
 - Multidisciplinary input
 - Educational Events



Educational
Support



Trainer

Dental
Advisor

Dental
Dean



One to one meetings –
face to face or virtual

At a time that suits
you – can be
facilitated outside 9-
5pm M-F

We find out what the
concerns are and then
signpost to the most
appropriate resources

OH referral

EA referral

Mentor / Coach

Careers

LTFT etc.

Careers Counselling

- Planned Happenstance:
Constructing Unexpected Career
Opportunities
 - Curiosity
 - Persistence
 - Flexibility
 - Optimism
 - Risk-taking



NIMDTA Mentoring Scheme

- A relationship between mentor and mentee to support and facilitate personal development of the mentee
- Benefits
 - Achieve your aspirations
 - Improve your work life balance
 - Manage transitions positively
 - Enhance leadership skills
 - Build your resilience
 - Strengthen team working
- If interested email:
professionalsupport.nimdt@hscni.net



PEER
MENTORING



Coaching and Mentoring



At NIMDTA we recognise the value of mentoring as a way to support, develop and release the potential of our trainees. Informal mentoring relationships with senior trainees provides an opportunity to access support and guidance to help trainees as they progress in their medical career.

Sign up as a
MENTOR

Sign up as
a
MENTEE

**Coaching and Mentoring - Northern Ireland
Medical & Dental Training Agency
(nimdta.gov.uk)**

**A GOOD LAUGH AND A LONG
SLEEP ARE THE BEST CURES
IN THE DOCTOR'S BOOK.” –
IRISH PROVERB**



THANK YOU – PLEASE FEEL FREE
TO CONTACT US DIRECTLY OR
THROUGH YOUR ES / PD



PSW psw.nimdta@hscni.net



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Meet the team



- [PSW podcasts](#)

Meet the Case Managers	
One to One Support	
PSW Podcasts	
PSW Newsletters	
Coaching & Mentoring	
Wellbeing	
Useful Support Resources	
Professional Support & Wellbeing - Contact Information	
Quality Management	▼
Recognised Trainers	▼
Recruitment	▼
Revalidation	▼
SAS Career Development	▼
Single Lead Employer	▼
Trainee Leadership Opportunities	▼



PSW Podcast Episode 13 - Social Media Contexts



PSW Podcast Episode 12 - Meet the PSW Team 2024!

