

What is the best careers advice I've ever received?



Hazel Everitt
Miriam Santer

16th October 2025



Overview

Hazel – a few career reflections

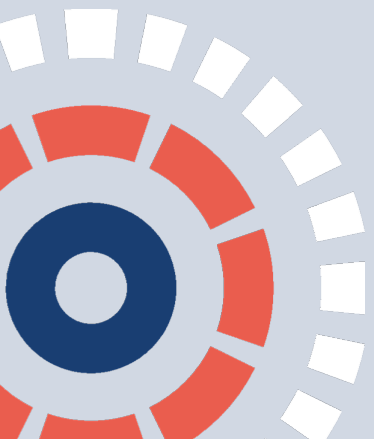
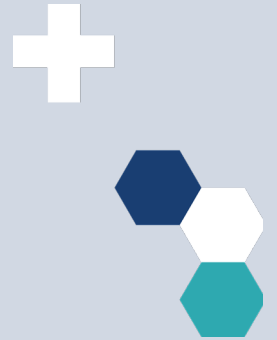
Miriam – a few career reflections

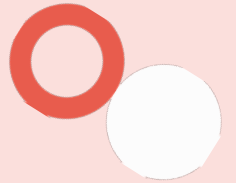
What is the best careers advice I've ever received?

Six pieces of crowd-sourced advice

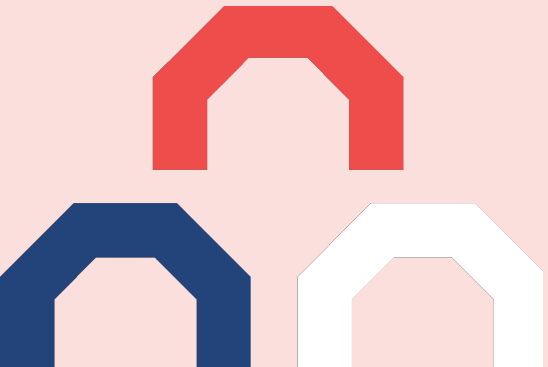
Some time for discussion

We are happy to be interrupted!





Hazel Everitt



Professor of Primary Care Research



Research $\approx 30\%$



Clinical GP in a local practice $\approx 20\%$



Teaching and Education $\approx 20\%$



Leadership and Management $\approx 30\%$



Medical
student Bristol

1987-1993



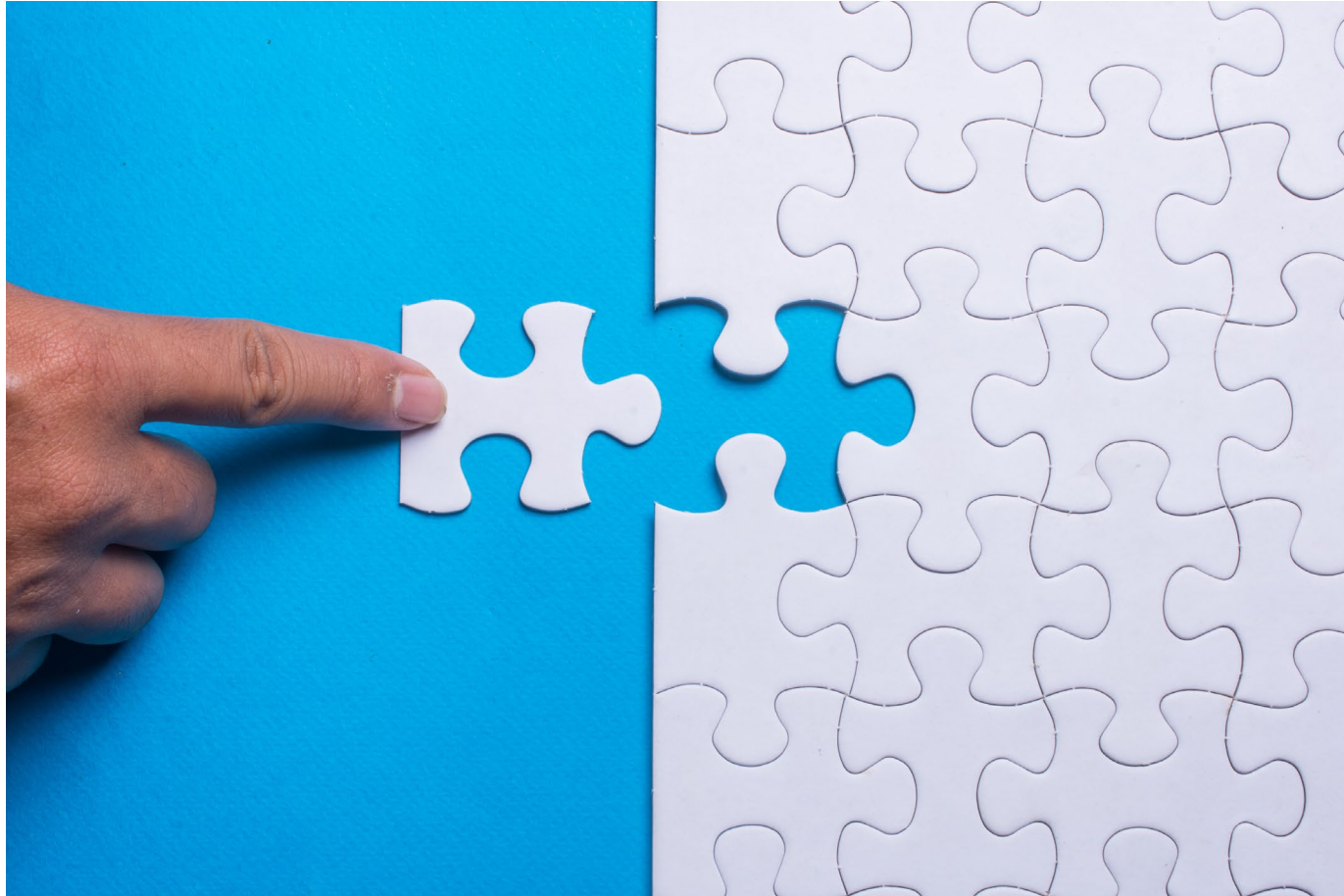
GP Registrar
Bath

1994 - 1998

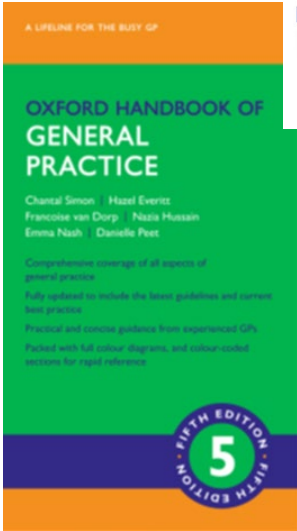


Clinical
Academic
Southampton

1999 -







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British Society of Gastroenterology guidelines on the management of irritable bowel syndrome

Dipesh H Vasant^{1,2}, Peter A Paine,³ Christopher J Black,⁴
Lesley A Houghton^{5,6}, Hazel A Everitt,⁷ Maura Corsetti,⁸ Anurag Agrawal,⁹
Imran Aziz¹⁰, Adam D Farmer,^{11,12} Maria P Eugenicos,¹³ Rona Moss-Morris,¹⁴
Yan Yannakou,¹⁵ Alexander C Ford¹⁶

► Additional supplemental material is published online only. To view, please visit the journal's website (bmj.com/doi/suppl/2016/04/01/1136949n)

ABSTRACT
Irritable bowel syndrome (IBS) remains one of the most common gastrointestinal disorders seen by clinicians in

(abdominal pain or discomfort, in association with altered bowel habit, for at least 6 months, in the absence of alarm symptoms or signs) is

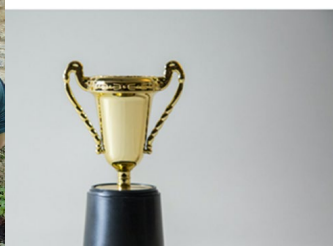
Out first published as 10.1136/bmj-2016-021111



ATLANTIS
Investigating amitriptyline as second-line treatment for IBS

THE LANCET

Submit Article Lo

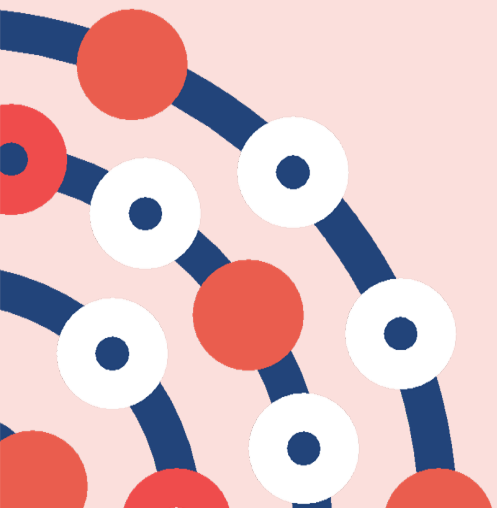


gastroenterology
inal article
sessing telephone-delivered cognitive-behavioural therapy (CBT)
d web-delivered CBT versus treatment as usual in irritable bowel
rdrome (ACTIB): a multicentre randomised trial 8
azel Anne Everitt¹, Sabine Landau², Gilly O'Reilly¹, Alice Sibelli³, Stephanie Hughes¹, Sula Windgassen³, Rachel
and², Paul Little¹, Paul McCrone⁴, Felicity Bishop⁵, Kimberley Goldsmith², Nicholas Coleman⁶, Robert Logan⁷,
lie Chalder⁸, Rona Moss-Morris³ on behalf of ACTIB trial group

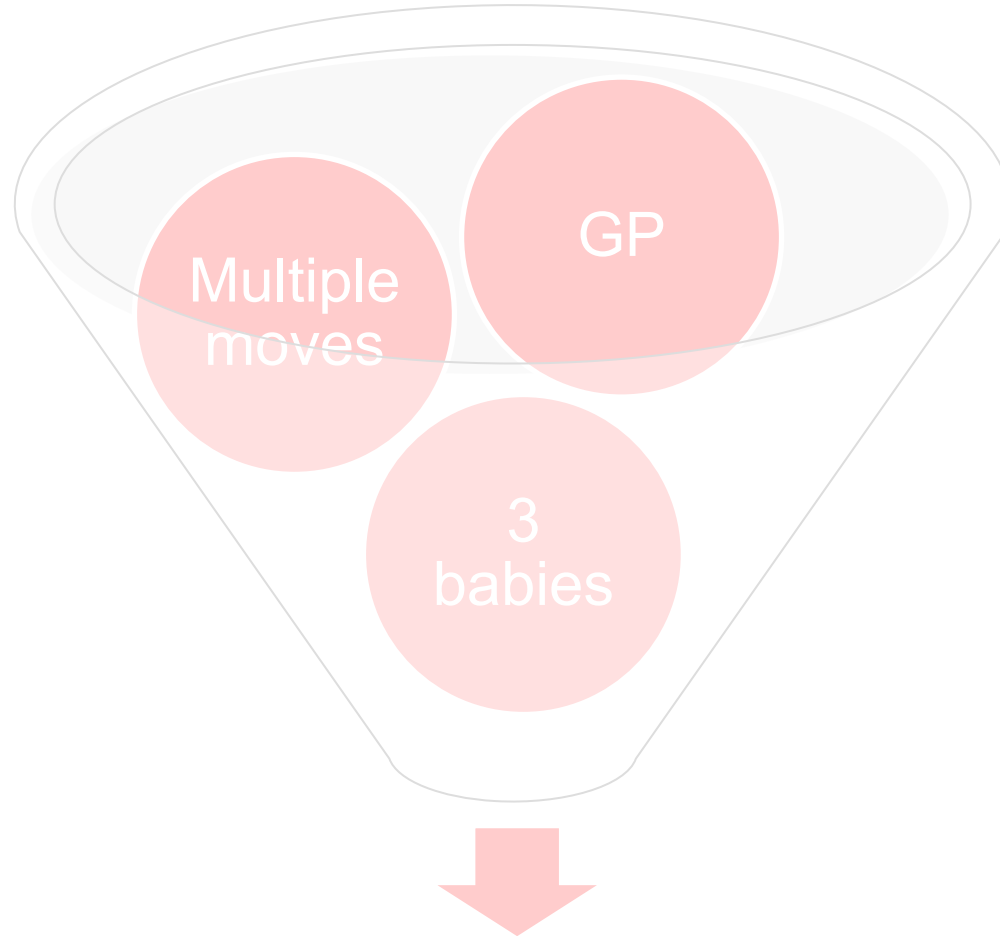




Miriam



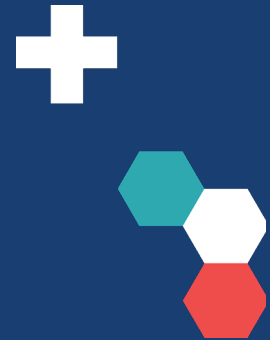
‘Career’ flow



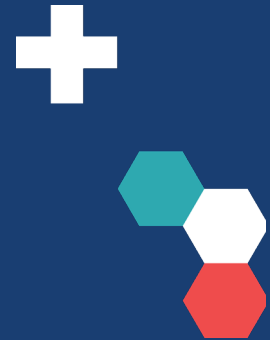
Work-life / career chaos

Seek Mentorship

- Peer support is just as important as senior support
- Invest in relationships up, down and across
- Ideas don't usually occur in a vacuum – talk to others about research ideas



Do what you love



- If you follow your passion, this will support you when things get difficult or don't go to plan
- Find people you enjoy working with, those who make working fun, and hold onto them



Have a plan.... but be open to new opportunities



There may be things you'd never have thought
of which could take you somewhere better than
you could have dreamed....



Learn to say no!

- Easy to get pulled in many different directions – don't spread yourself too thin
- Assess each opportunity thoroughly before committing
- “I am a limited resource”



Persevere, ask for help, be kind to yourself



- Perseverance is a super power
- Things rarely go as planned
- Be realistic about deadlines, however long you think you need, add some time....
- There will always be papers you should have written but have not



Plan fun

- What is important to you?
- Work-life balance doesn't necessarily happen unless you timetable fun things



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**Abstract submission deadline:
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