

## WHY GET OUT?

Physio attrition rate is 3.5%<sup>1</sup>

Graduate Physio's predict a career of less than 10 years<sup>2</sup>



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New graduates are underprepared to work in private practice and modifications to the delivery of peer support, mentoring and professional development is required<sup>3</sup>.

Lack of support and financial pressures were of concern<sup>3</sup>.



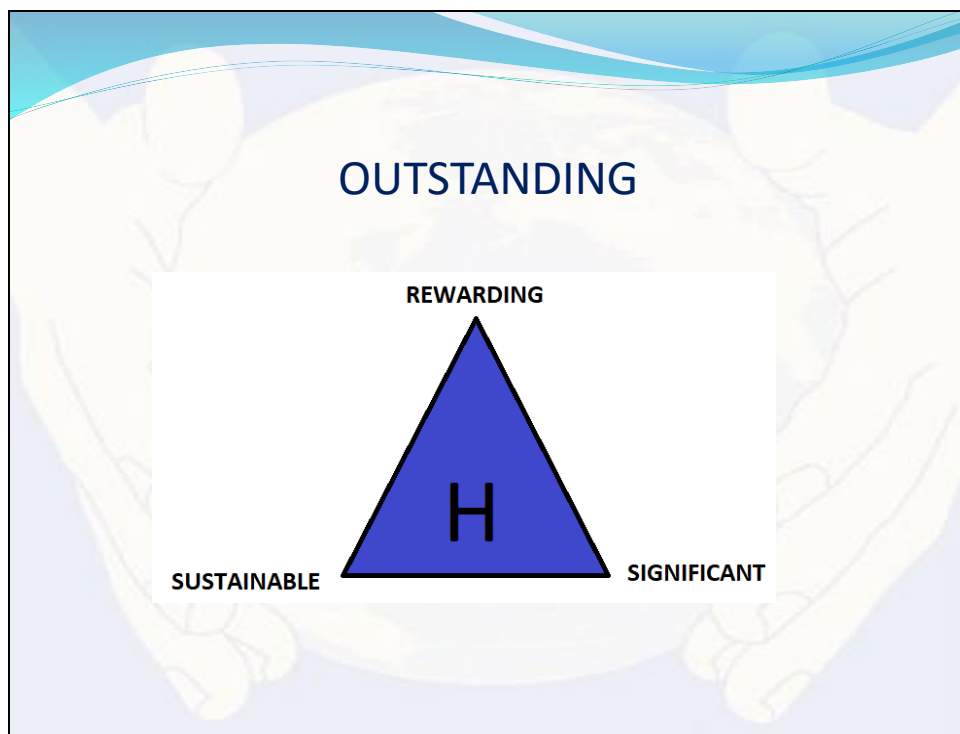
## WHY GET OUT?

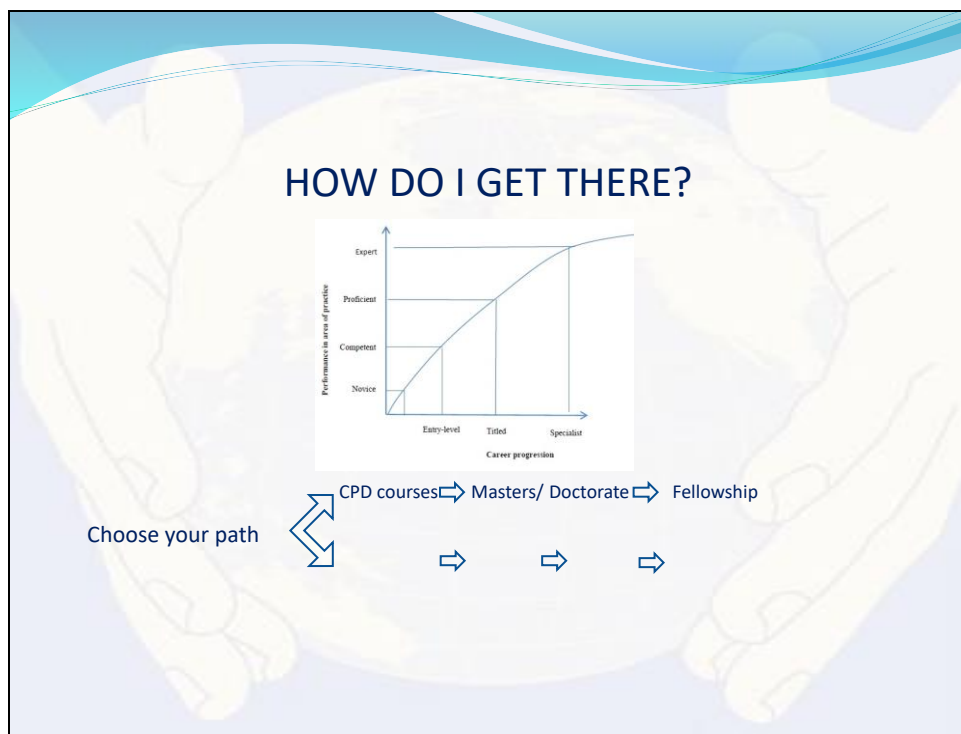
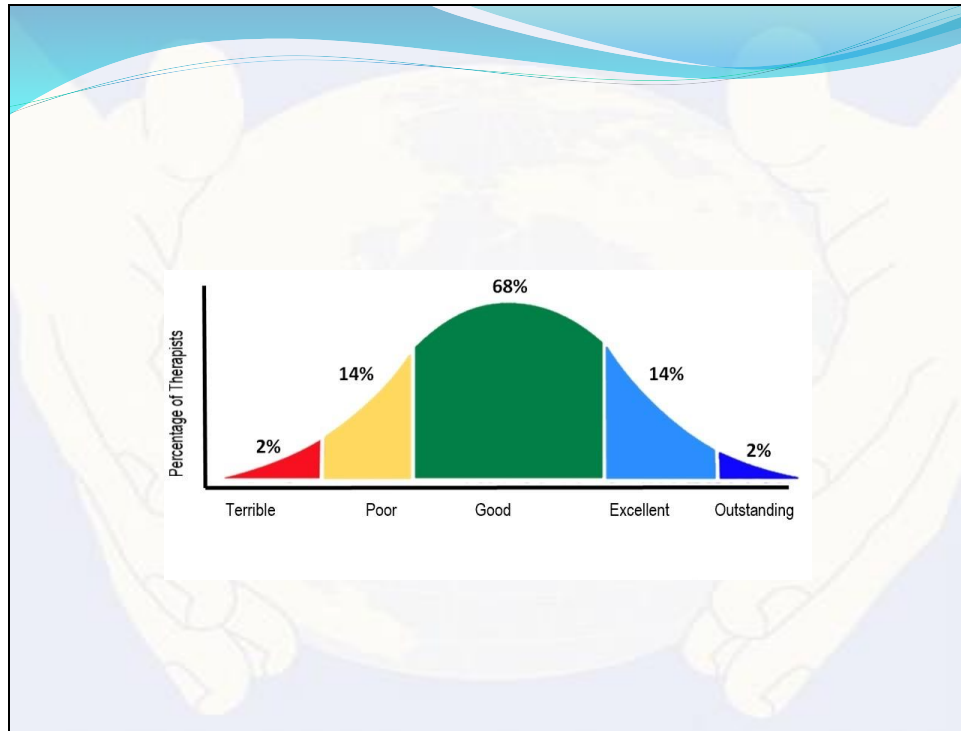
Internal ←————→ External

Boredom/ limited scope  
Injury Frustration \$\$\$\$ Family  
Burnout/ Stress  
Compassion Fatigue Career step





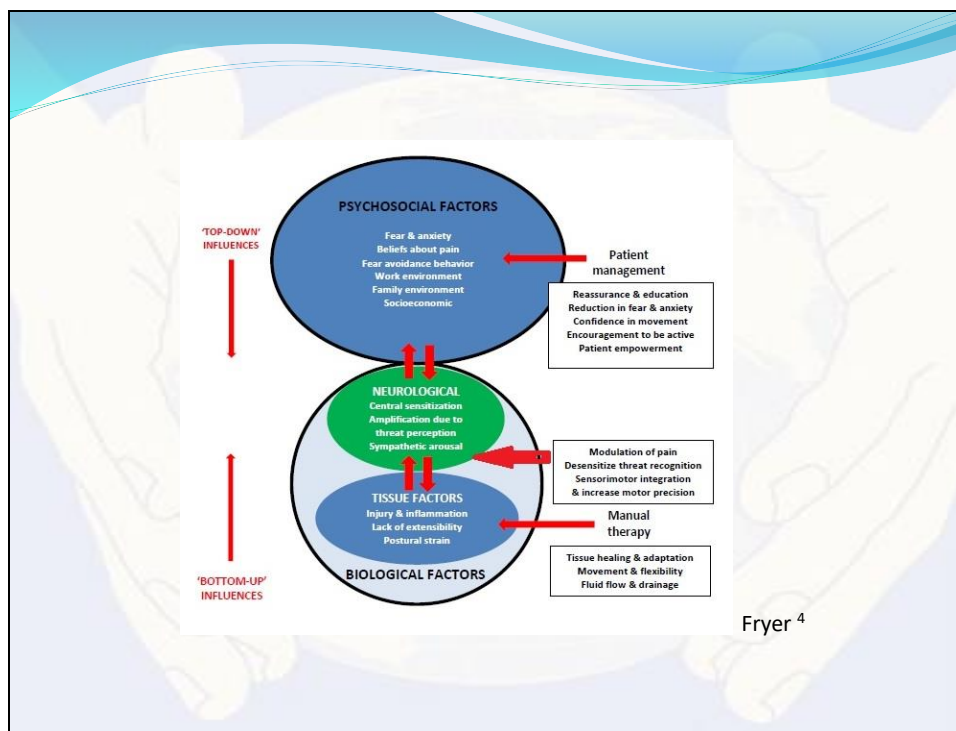


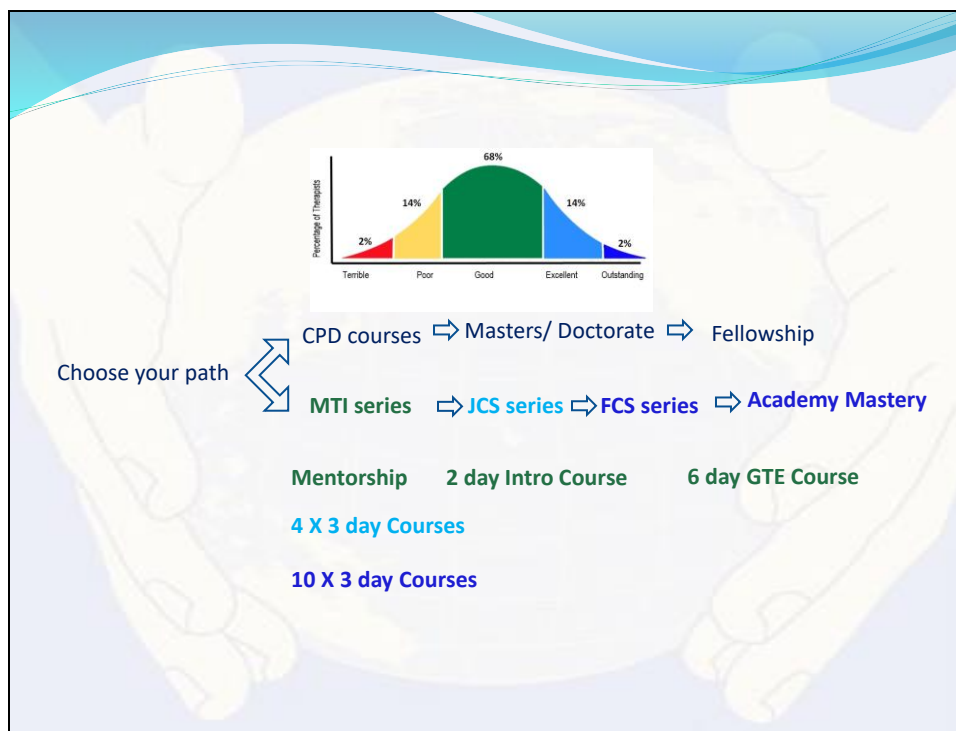


## HOW DO I GET THERE?

### Conventional path fails because

- Only treat where it hurts
- Only treat in the system of the symptoms
- Only treat directly
- Insists on evidence base
- Insists on LVC / short consult model
- Not honest with themselves
- Increasingly hands off



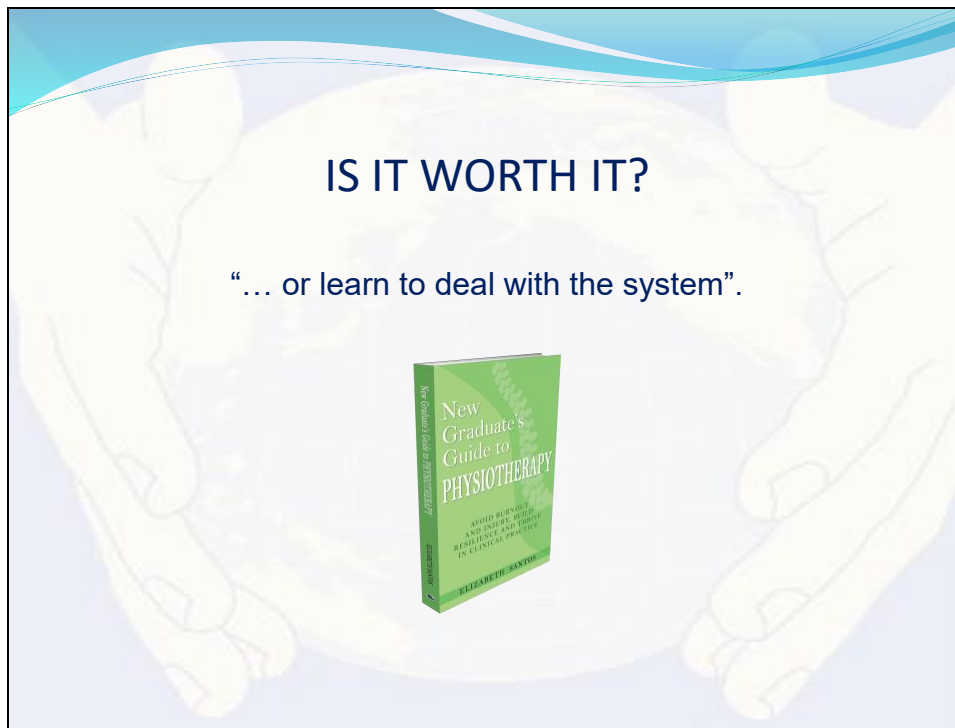




## IS IT WORTH IT?

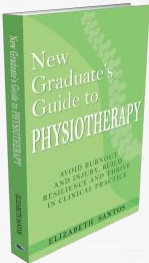
Would you rather?

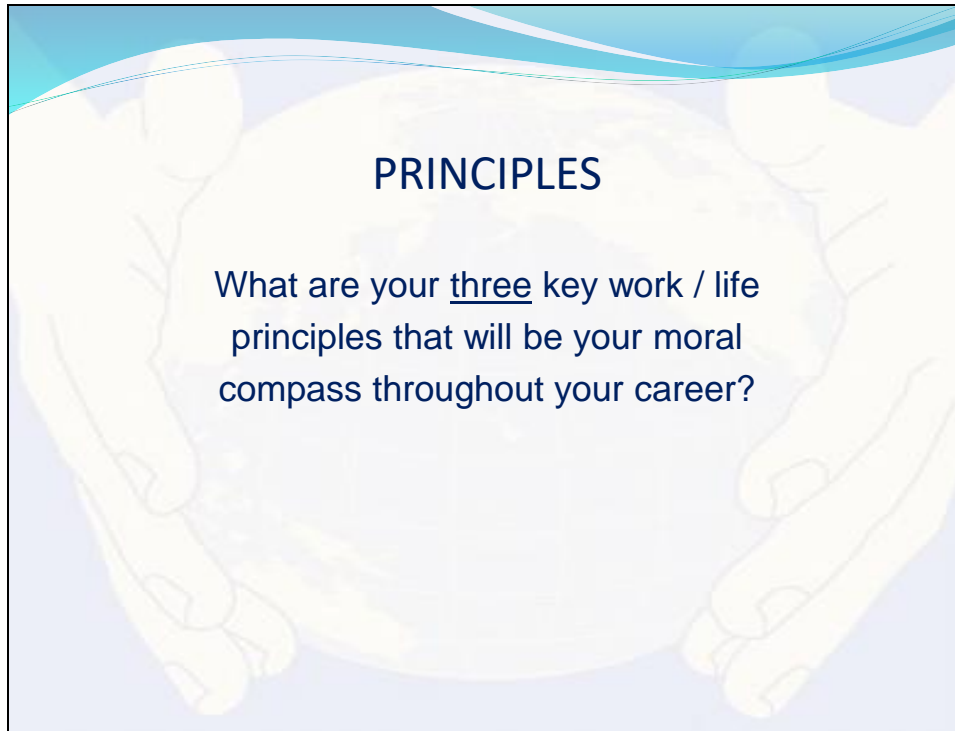
- See 20+ clients / day	- See 7-8 clients / day
- Record 20+ client notes/ day	- Record 7-8 client notes/ day
- Write 2-3 letters/day	- Write 1 letter/ week
- Temporarily change symptoms	- Permanently change lives
- Earn the average salary	- Earn 2-3x average salary
- Live in the middle of the bell curve	- Become outstanding



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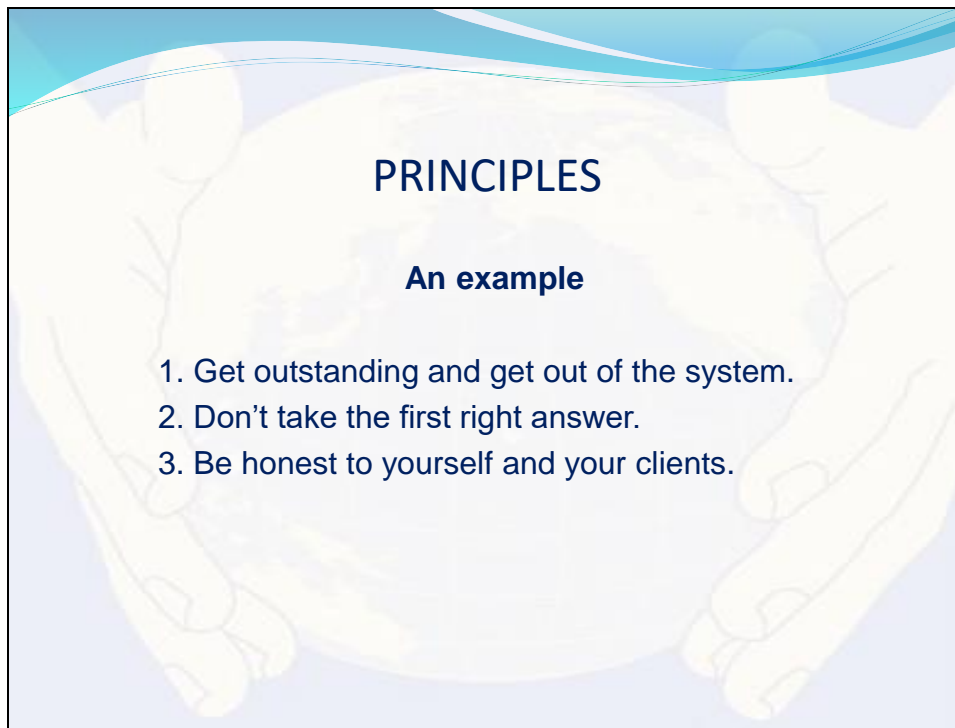
“... or learn to deal with the system”.





## PRINCIPLES

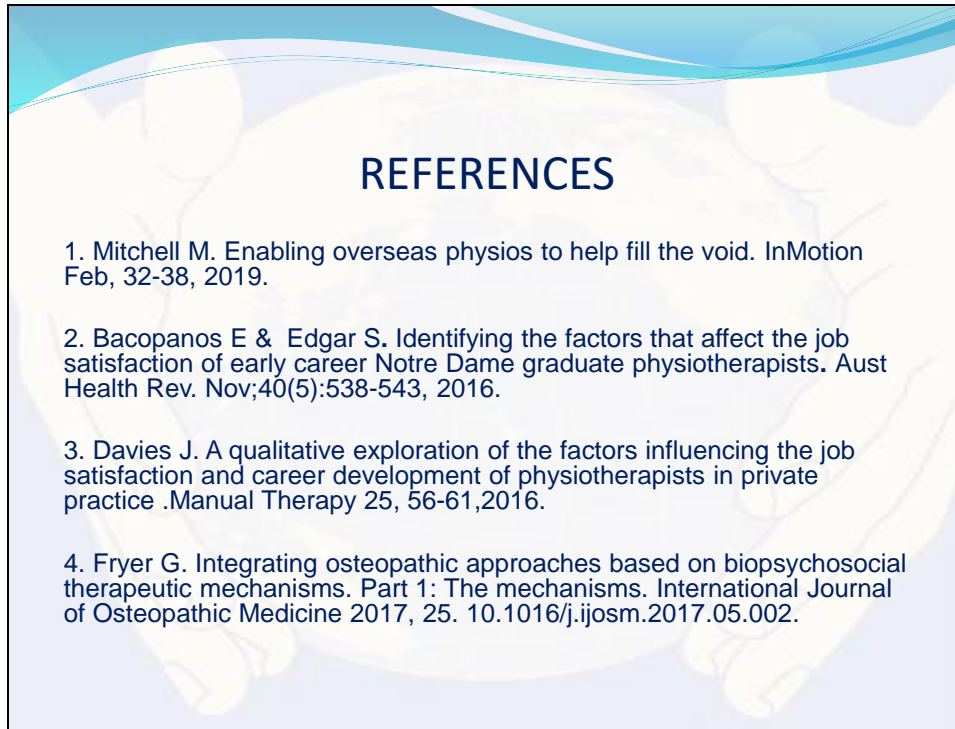
What are your three key work / life principles that will be your moral compass throughout your career?



## PRINCIPLES

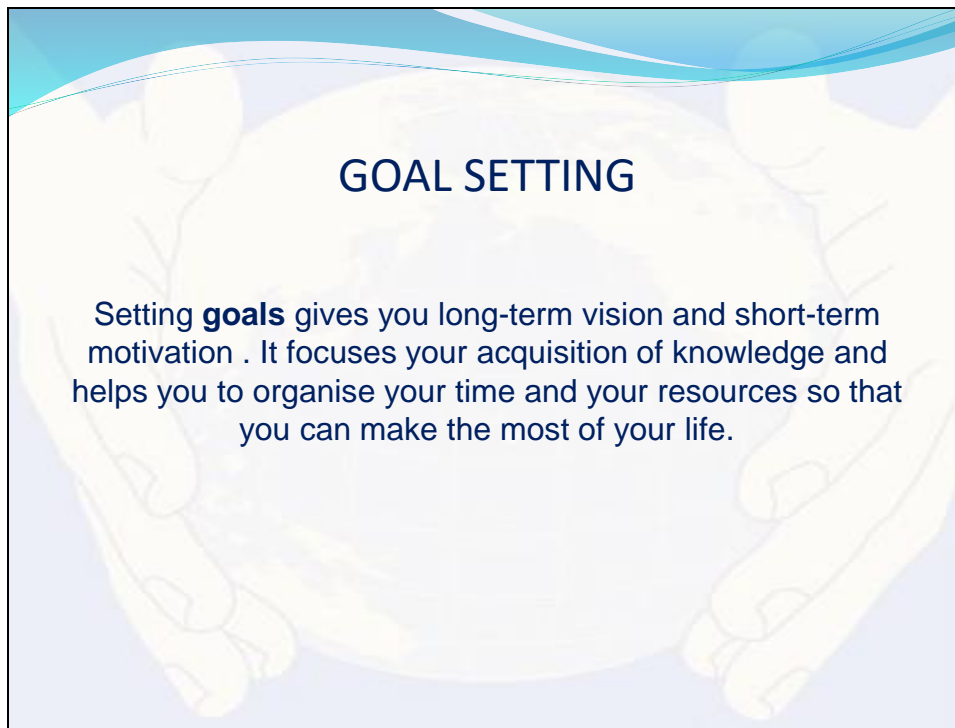
**An example**

1. Get outstanding and get out of the system.
2. Don't take the first right answer.
3. Be honest to yourself and your clients.



## REFERENCES

1. Mitchell M. Enabling overseas physios to help fill the void. InMotion Feb, 32-38, 2019.
2. Bacopanos E & Edgar S. Identifying the factors that affect the job satisfaction of early career Notre Dame graduate physiotherapists. Aust Health Rev. Nov;40(5):538-543, 2016.
3. Davies J. A qualitative exploration of the factors influencing the job satisfaction and career development of physiotherapists in private practice .Manual Therapy 25, 56-61,2016.
4. Fryer G. Integrating osteopathic approaches based on biopsychosocial therapeutic mechanisms. Part 1: The mechanisms. International Journal of Osteopathic Medicine 2017, 25. 10.1016/j.ijosm.2017.05.002.



## GOAL SETTING

Setting **goals** gives you long-term vision and short-term motivation . It focuses your acquisition of knowledge and helps you to organise your time and your resources so that you can make the most of your life.



