

Sumeet – returning physiotherapist



Sumeet is a physiotherapist, he qualified in 2016 and worked as a rotational physiotherapist before leaving to work in a local authority public health team. Currently he works as a youth worker, working with young adults who have disabilities, he is in the final stages of his return to practice journey and has shared his experiences on the Leadership Programme with us.

Why undertake the Leadership Programme

“I wanted to complete a Leadership Programme as I had personal goals around developing my leadership skills and wanted to be able to integrate leadership skills when I return to work as a physiotherapist. I also wanted to see a project through from inception to delivery as this was important to me.”

Sumeet’s leadership objectives

“My main leadership objectives were to develop an understanding of how national programmes can influence local service delivery as well as developing skills around effective teamworking with people I have only met virtually.”

Projects Sumeet has been involved

“I have been involved in supporting a series of webinars for the Return to Practice Programme, these webinars have been developed to support returnees on their journey to return to practice and will be uploaded to SharePoint once completed.

“I am planning on being involved with delivering the agenda of a series of webinars that we have been working on as a resource to help those currently planning on returning to practice.”

Sumeet’s advice and experience

“Through the Leadership Programme I have further developed my own skills around teamworking as well as self-directed learning - specifically developing my planning and goal setting skills. I have learnt a lot about how to effectively structure online collaboration successfully.

“The programme has been very flexible and there is great deal of support from the HEE staff and from other returners. The remote working set-up is excellent and has been really good for keeping in contact with my peers throughout the programme.

“It has provided me the opportunity to work and communicate effectively with new people and use action learning sets as a way of developing my peer and self-learning skills. I undertook self-reflective sessions and work collaboratively with my peers to come up with solutions to any problems that arose.”

“One thing I have found challenging is being able to separate things out and keep track of everything whilst working full time as my work email is the same as the email I have for the programme, but I’ve managed.

“The coaching sessions have been very helpful and have enabled me to develop the ability to reflect and learn from some of my experiences in the NHS. They have also given me a view of some of the current changes that are occurring in the NHS.