In Recent times we are all just firefighting. As a valued member of the NHS you are invited to take the next hour to start to develop your fire-break, and think about what matters to you. Before you start make a drink and enjoy your Kit Kat (this is a fire-**BREAK** after all).

To help here are four simple questions for you to consider, there are no right or wrong answers this is your chance to have your say. You don’t need to answer all the questions in this hour you may need to use your fire break hour over the next few weeks to really think and for them to truly reflect your current situation. Once completed you will be an opportunity to discuss them with your line manager and you will then plan how to rapidly make the changes you identify.

1. Is there something that takes a significant chunk of your time, does it need to be done and are you the right person to do it?
2. Are there things that you do that are duplicated by others, and who is best placed to do it?
3. What one change to the way you work would make the biggest difference?
4. What is your main learning, upskilling or development need that would enable you to improve patient outcomes and job satisfaction?

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