**Soapbox Information**

**What is soapbox?**

Soapbox is an opportunity for you to develop and practice your presentation skills in front of your peers. Throughout your career you will need to do presentations in various settings. This is a great way to practice your skills and get some feedback, and for your peers and PD team to find out a little more about something that matters to you.

**When?**

The soapboxes are normally done at the beginning of the ST3 teaching day and registrars will have an allocated day for their soapbox.

**How do I sign up?**

There is an opportunity to sign up to a slot when you start your ST3 (August/Feb) and if you join an ST3 group at another time in the year or miss this session please speak to your small group Programme Director or Emily Chamberlain (PD). If you do not sign up, you will be allocated a slot.

**What is the format?**

You are given a 10-minute slot with an opportunity to take a couple of questions at the end. Please keep to time. We will stop you if you are overrunning. You don’t have to do a slide show presentation, in fact, we prefer you not to, so have a think about the best way to present your soapbox. It’s an opportunity to practice and improve your presentation skills.

**What topic should I cover?**

This is a non-clinical presentation about something you are interested in or something that is important to you/you are passionate about. This could be a hobby, an idea, an experience or an opinion etc. Whilst it can be interesting to hear about a country of birth/place you call home, we would encourage you to have a specific focus for your presentation, sharing something that cannot be discovered easily by searching online, for example, past trainees have talked about:

* Bee keeping
* An experience of a sailing boat capsizing mid Atlantic
* A 10-minute salsa lesson (interactive session)
* Outdoor climbing - and a demonstration of the required equipment (equipment brought in)
* A 3 course meal reflecting some-one's cultural heritage (Canada/Ireland/Poland) (and they brought in the cake to share with colleagues – they got bonus points for this!)
* The origins of nursery rhymes
* Sheep shearing! (no demo sheep brought sadly)
* An opinion piece about the future of AI and how we could make the NHS work again