



## *How micro learning builds clinical and career confidence*

Hello and welcome to the April edition of Your Next Step.

This month I want to explore something small that can make a very big difference in your professional life. Micro learning. The idea that confidence can grow through simple, five-minute habits rather than long, overwhelming study sessions.

If you have ever felt pressure to “stay current” or wished you had more time for CPD, micro learning is a gentle and effective way to build clarity and confidence in the middle of a busy clinical life.

### **Why micro learning works**

Short, focused learning moments fit naturally around real workdays. They help you stay connected to evidence without the pressure of reading full articles or spending hours on formal CPD. Micro learning also supports clearer reasoning, better patient conversations and stronger clinical judgement.

One insight. One new phrase. One small reflection. These tiny pieces add up.

I have written more about this in this month’s blog, **“The evidence-informed clinician: why small learning habits matter.”** It is a supportive reminder that you do not need to do everything at once. You only need one step at a time.

Read the new blog [here](#).

### **Book launch: out April 8**

I am very excited to share that my book will be officially released on **April 8**. This project was created for students and clinicians who find themselves feeling stuck, unsure or dissatisfied in their career. It brings together real stories, evidence-based strategies and gentle, practical guidance to help you move towards a career that feels meaningful and fulfilling.

The chapters are written in small, digestible sections, each including one or two real-world stories, so you do not need to read the book all at once. You can simply begin with the chapter that feels most relevant to you.

I will share more details and links on launch day, and I cannot wait for you to read it.

### **Upcoming webinar: From clinic to classroom**

If you are curious about teaching, supervising students or moving into education in any form, I am hosting an upcoming webinar titled:

#### **From clinic to classroom: Your first steps in oral health education**

This will be an honest and encouraging panel discussion with guest speakers Tabitha Acret and Amelia Seselja, who have built meaningful careers in university, private education and industry roles. You will learn how clinicians make the transition into education, what the work looks like and how to get started.

Registration is open now via [Eventbrite](#).

### **Podcast launch: Oral Health Evidence Bites**

I am very excited to share that my new podcast, *Oral Health Evidence Bites*, is launching later this month. Each episode breaks down one recent research paper and translates it into practical takeaways you can use in both your clinical work and your career.

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# *Your Next Step*

INSIGHTS & GROWTH FOR ORAL HEALTH PROFESSIONALS



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