



Hi ,

Hello and welcome to the May edition of *Your Next Step*.

April was a big and meaningful month for Next Step Dental Careers, and I wanted to begin by saying thank you. Thank you for reading, listening, attending events, and for the many thoughtful messages and conversations that have followed. This work is always grounded in community, and I'm grateful to share it with you.

The book is now out in the world

Earlier this month, my book was officially released. Writing it was shaped by years of conversations with students and clinicians who felt uncertain, restless, or quietly dissatisfied in their careers - not because they were failing, but because they were growing.

The chapters are short and designed to be read in any order, each grounded in real career stories and evidence-based strategies. You don't need to read it cover to cover or have a plan in mind. Many readers are choosing to start with the chapters that feel most relevant to where they are right now.

If you've already started reading, thank you! And if it's still sitting on your list, know it will be there when the timing feels right.

[Buy now on Amazon!](#)

Oral Health Evidence Bites: the podcast is live

I'm also very excited to share that the *Oral Health Evidence Bites* podcast has officially launched, with the first episodes already available.

The podcast was created to support small, sustainable learning. Each episode focuses on a single paper and translates the evidence into practical insights you can use in clinical practice and in your broader career thinking. Every episode also includes a short reflection prompt that can be used for CPD or simply as a tool for building confidence.

The **next episode will be released on Tuesday 5th of May**, and explores **AI in dentistry** - a thoughtful conversation about what this means for clinicians, decision-making, and professional judgement.

[Listen on Spotify](#)

Reflections from the April webinar

On 29 April, I had the privilege of hosting *From Clinic to Classroom: Your First Steps in Oral Health Education* with two generous and insightful panellists.

What stayed with me most from that conversation was how non-linear education pathways really are. Careers in education rarely follow a neat sequence, and many steps began with curiosity rather than certainty. If you've been wondering whether education might play a role in your career at some point, the biggest takeaway is this: you don't need to be "ready" to begin exploring. Exposure and conversation with those in your professional community matter.

New blog: Reflection and clinical confidence

I've also shared a new blog post on the website this month:

How reflection can strengthen your clinical confidence (& CPD).

In the post, I explore reflection as more than a requirement or admin task. When approached simply and honestly, reflection can help clinicians feel more grounded in their decision-making, recognise their growth, and build confidence over time.

The post also explains how reflection can be linked to everyday experiences (including listening to a podcast) without needing to be lengthy or overly formal.

[Read the blog](#)

A gentle question for May

As we move into May, I invite you to sit with one simple question:

What have I learned recently that's worth pausing to acknowledge?

It might come from a patient interaction, a conversation, a podcast episode, or a moment that stayed with you longer than expected. Small reflections often hold more insight than we realise.

Thank you again for being part of this community. I'm looking forward to sharing more conversations, learning, and resources with you over the coming months.

Warm regards

Mel

Next Step Dental Careers

NSW, Australia



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