

Planning your next step – how to get started

LSHTM Careers
October 2026

LONDON
SCHOOL of
HYGIENE
& TROPICAL
MEDICINE





Fiona Telford

Mondays and Tuesdays

**Contact us on
careers@lshtm.ac.uk**

Lucy Hawkins

Mondays, Tuesdays and Wednesdays

Josh Phillips

Wednesdays, Thursdays & Fridays

- Please keep mics on mute
- Use the chat box for questions
- Trouble with sound? Trying leaving and coming back, try a different browser

**The session will be recorded and put on Moodle
against this session date and title**

By the end of the session you will be able to:

- Identify priorities for your next step
- Evaluate possible career options in the light of those priorities
- Formulate a plan for one action as a next step

Where are you now?

**No previous
experience**

**Experienced but
complete change of
career**

**Moderate
change of
direction**

**Next step
in existing
career**

1

2

3

4

5

6

7

8

9

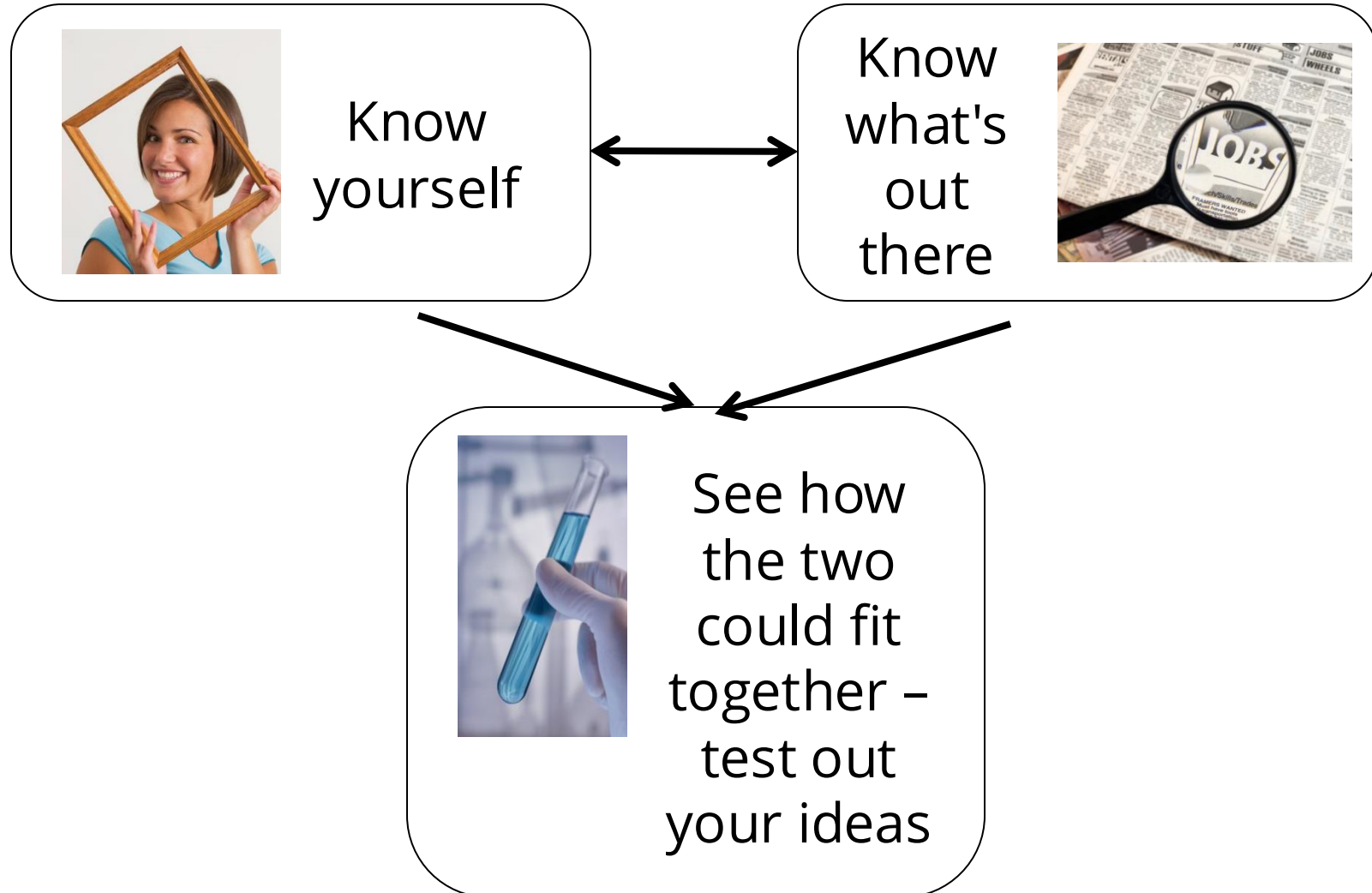
10

Purpose Venn Diagram

<http://www.humanbusiness.eu/purpose-venn-diagram/>



Making careers decisions



What drives your career choices?

Development Impact

Research Location Hands-on Flexibility

Autonomy Work-life balance Learning

Problem solving Risks Options Money

Success rate Challenge Prestige Skills

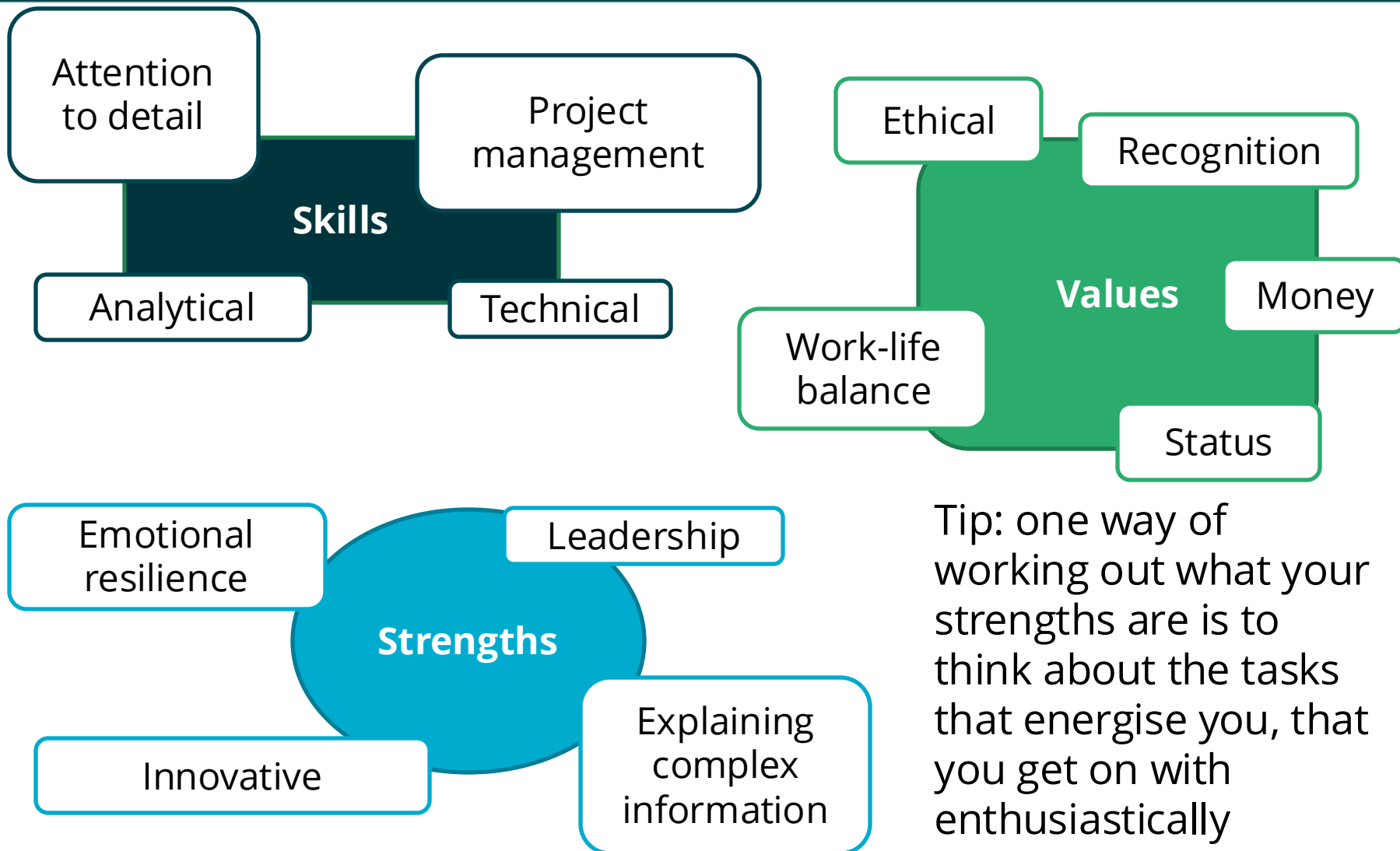
Collaboration Security Stress Creativity

Fun Competition Variety Resources Knowledge

Predictability Breadth Colleagues Expertise

Particular topic Particular region

Know yourself



Your Values

Values and drivers handout

Look at the following factors and decide how important they are to you.

- In the **Free choice** column select all the values that are important or desirable to you.
- In the **Half** column cut the number of values you have chosen by half discarding those of lesser importance.
- For the final column choose only your **Top three** essential values.

	Free choice	Half	Top three
Organisation — Working in a well-known Organisation			
Community — Working in a place where you can get involved in the local community			
Physical challenge — Work that is physically demanding			
Flexible working — A role in which there is the possibility of working part-time			
Job security — Knowing that your work will always be there for you			
Being expert — Being known as someone with special knowledge or skills			
Research — Having the opportunity to carry out research			
Supervision — Having responsibility for supervising others			
Learning — A rapidly changing role in which you will continually be learning new things			
Types of patients/clients — Helping a particular patient or client group			
Helping people — A role in which you help individuals, groups or society in some way			
Predictability — Having a routine which is fairly predictable			

If you had to split Public Health into a few main headings, what would they be?

Health Improvement – This mainly involves the impact on people's lifestyles, such as smoking reduction, engaging in safer sexual behaviour or healthy eating and exercise

Health Protection – This involves areas such as control of infectious diseases, vaccination programmes, food safety and protecting against various environmental hazards

Academic Public Health – Conducting research into various areas of public health and/or teaching about public health

Health and Social Care Quality – Investigating and improving the quality and standards of services which impact health

Strategy and Policy – Creating policies, implementing them and measuring their impact

Public Health Intelligence – The collection and analysis of data to impact the health of particular groups or the population as a whole

Further into – Public, Private and 3rd Sector roles...

Understanding types of roles

Epidemiology

Researching new drugs

Analysing data

Making Policy

Logistics and supply
chain management

Health economics

Running local projects

Fundraising

Running national and
international projects

Consultancy

Monitoring and
evaluating projects

Lobbying

Laboratory work

And Lots More!

Running clinical trials

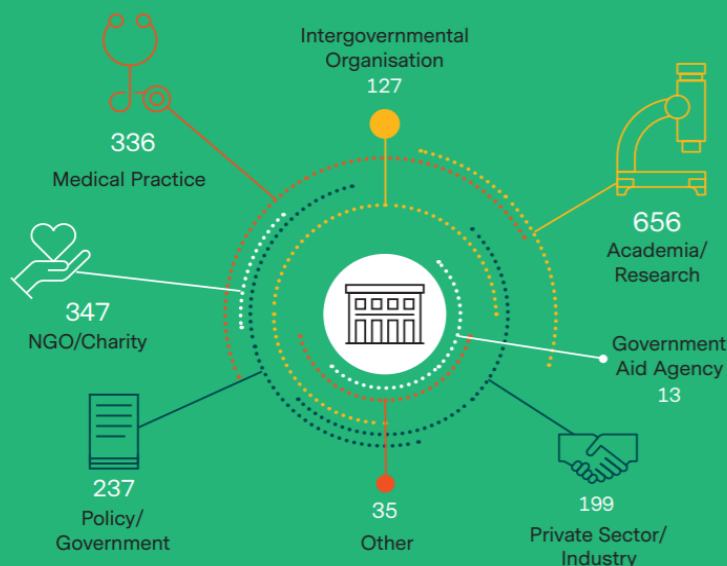
Understanding who the employers are within sectors

	PUBLIC SECTOR	PRIVATE SECTOR	3RD SECTOR
PUBLIC HEALTH (national, UK examples)	<ul style="list-style-type: none"> • NHS • UK Health Security Agency (UKHSA) • Local Authorities (Directors of Public Health) • Department of Health and Social Care • Office for Health Improvement and Disparities • NICE • Public Health Scotland / Public Health Wales 	<ul style="list-style-type: none"> • Pharma (GSK, AstraZeneca) • Consultancies (Deloitte, PA Consulting, PwC) • Private providers (Bupa, Spire) • Pharmacy chains (Boots) • Research organisations (IQVIA) & Contract research organisations (CROs) • Health tech (Livi, Doctor Care Anywhere) 	<ul style="list-style-type: none"> • Think tanks (The King's Fund, The Health Foundation, Nuffield Trust) • Charities, NGOs • Cancer Research UK • British Heart Foundation • Diabetes UK • Mind • Terrence Higgins Trust • Action on Smoking and Health (ASH) • Royal Society for Public Health
GLOBAL HEALTH (international)	<ul style="list-style-type: none"> • WHO • UNICEF • UNAIDS • World Bank • Foreign, Commonwealth & Development Office (FCDO) • Africa CDC • UK Public Health Rapid Support Team 	<ul style="list-style-type: none"> • Pharma global health units (GSK, Novartis, Sanofi) • Development consultancies (Oxford Policy Management, Mott MacDonald, Palladium, Itad, Crown Agents) • Management consultancies (McKinsey) 	<ul style="list-style-type: none"> • Gates Foundation • Wellcome • MSF • Save the Children • Malaria Consortium • PATH • Clinton Health Access Initiative • MSI Reproductive Choices • Sightsavers

Understanding the jobs titles out there via Alumni destination data

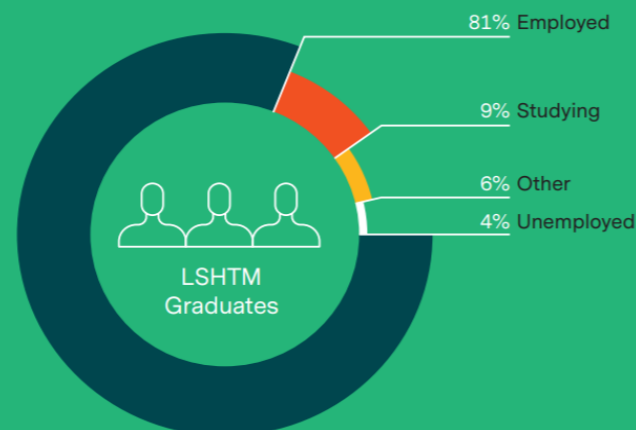
Graduate Careers & Destinations

Employment Sector



Source: LSHTM Alumni database 2011/12 - 2016/17, 1950 total respondents.

Employability



Source: LSHTM DLHE survey data 2011/12 - 2015/16, 2380 total respondents.

<https://www.lshtm.ac.uk/study/student-experience/graduate-careers-destinations-lshtm>

Understanding the jobs titles out there via Alumni destination data continued:

Moodle – Career and study options, [alumni destinations](#)

Some example job titles

Academic Researcher
Accounts Payable Co-Ordinator
Africa Regional Programme Analyst
Analyst
BSc Global Health and Social Medicine
Charity Volunteer
Chlamydia Screening Officer
Clinical Research Project Assistant
Clinical Researcher
Communications Professional
Contract researcher
Data Analyst
Deputy Clinical Operations Manager
Diabetes Quality Improvement Co-Ordinator
Editorial Assistant
Epidemiologist
Epidemiologist and Surveillance Scientist
Field Operative
Freelance Researcher
General Practitioner
Health Care Consultant
Health Officer
HIV SPI Prevention Scientist

Some example organisations

Apotex
Basel University Hospital
Bernhard Nocht Institute for Tropical Medicine
Brooks
Cancer Research UK
Center for Disease Dynamics, Economics & Policy (CDDEP)
Centre de Recerca en Salut Internacional de Barcelona (CRESI)
Charite Universitätsmedizin Berlin
Chesterfield Royal Hospital (NHS)
City and Islington College
CREMA
DeltaQuest Foundation
Doctors Without Borders
Doula General Hospital
eHealth Africa
Gavi, the Vaccine Alliance
GOAL
Health Poverty Action
Health Protection Agency
HealthMap, Children's Hospital
Hôtel-Dieu de Québec
Imperial College London
International Action
International Federation of Red Cross and Red Crescent Society
International Organisation for Migration
Jewish General Hospital
Kings College London

Learn more on what we've covered so far by visiting these Moodle resources

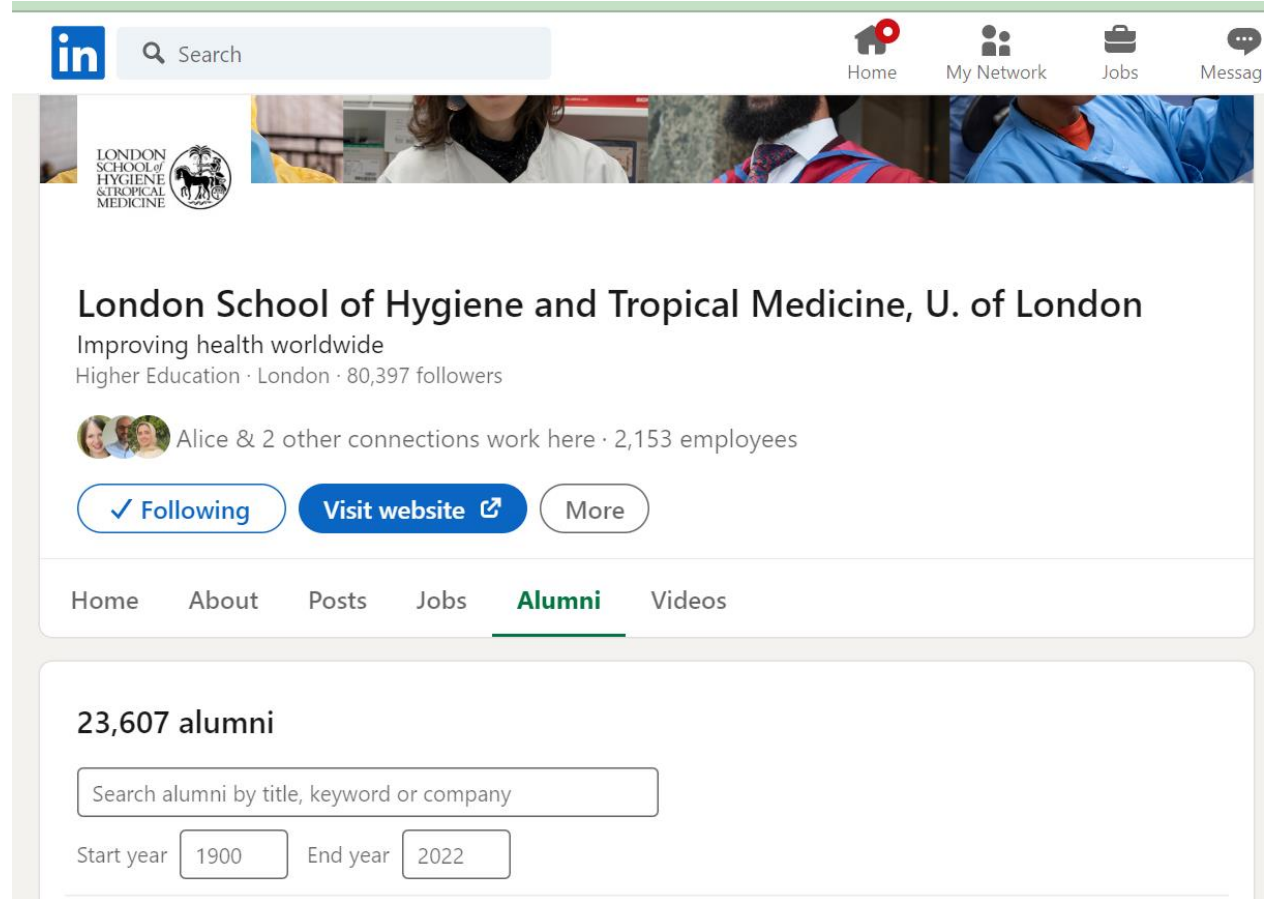


Other resources: LinkedIn – great for researching Alumni

Find alumni and check what they did before.

Is their situation similar to yours?

Are they doing work that interests you?

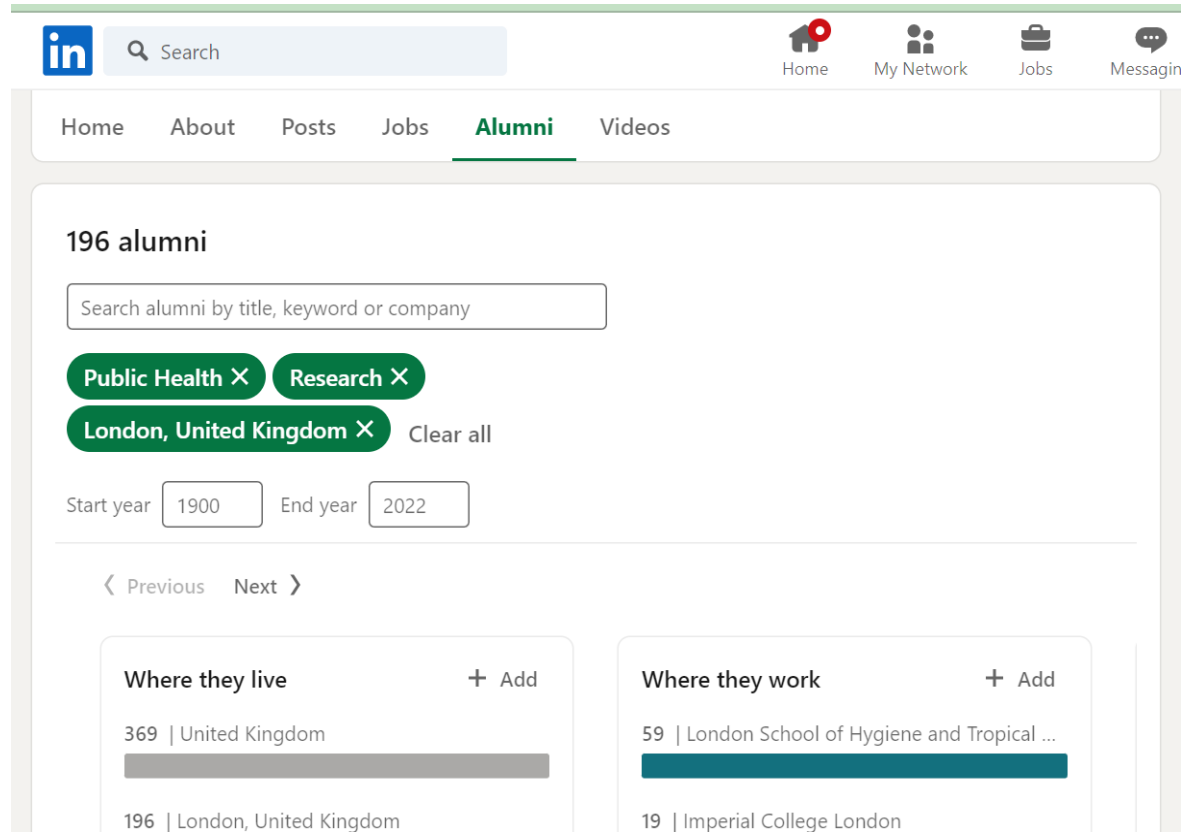


The screenshot shows the LinkedIn profile of the London School of Hygiene and Tropical Medicine, U. of London. The page is viewed from the 'Alumni' tab, which displays 23,607 alumni. The header includes the LinkedIn logo, a search bar, and navigation icons for Home, My Network, Jobs, and Messages. The profile banner features the school's logo and a collage of images. The text on the page reads: 'London School of Hygiene and Tropical Medicine, U. of London', 'Improving health worldwide', 'Higher Education · London · 80,397 followers', and 'Alice & 2 other connections work here · 2,153 employees'. Below this, there are buttons for 'Following', 'Visit website', and 'More'. The 'Alumni' tab is selected, showing a search bar for 'Search alumni by title, keyword or company' and filters for 'Start year' (1900) and 'End year' (2022).

Researching alumni on LinkedIn

Here I've selected
from

- what they studied
- what they do
- where they live



The screenshot shows the LinkedIn Alumni search interface. At the top, there's a navigation bar with the LinkedIn logo, a search bar, and links to Home, My Network, Jobs, and Messages. Below this is a secondary navigation bar with links to Home, About, Posts, Jobs, Alumni (which is highlighted), and Videos. The main content area shows '196 alumni' and a search bar with the placeholder text 'Search alumni by title, keyword or company'. Below the search bar are three filter buttons: 'Public Health X', 'Research X', and 'London, United Kingdom X'. To the right of the last button is a 'Clear all' link. Below the filters are two input fields for 'Start year' (set to 1900) and 'End year' (set to 2022). Below these are two tabs: 'Where they live' and 'Where they work'. The 'Where they live' tab is active and shows a list of locations: '369 | United Kingdom' and '196 | London, United Kingdom'. The 'Where they work' tab shows '59 | London School of Hygiene and Tropical ...' and '19 | Imperial College London'.

196 alumni

Search alumni by title, keyword or company

Public Health X Research X

London, United Kingdom X Clear all

Start year 1900 End year 2022

< Previous Next >

Where they live + Add

369 | United Kingdom

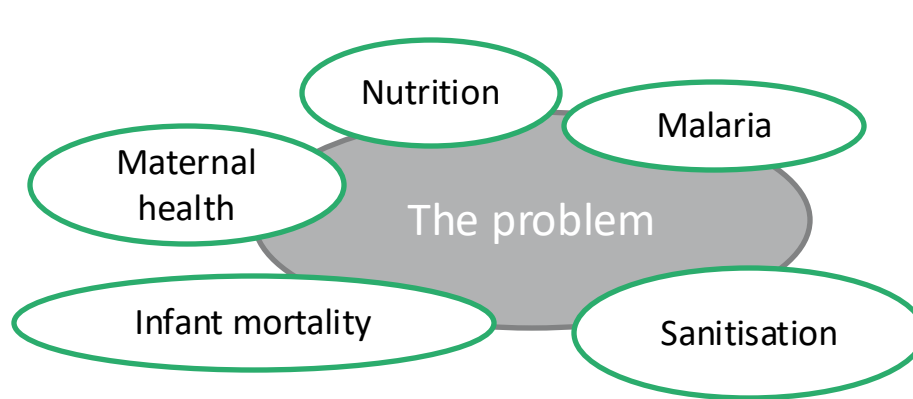
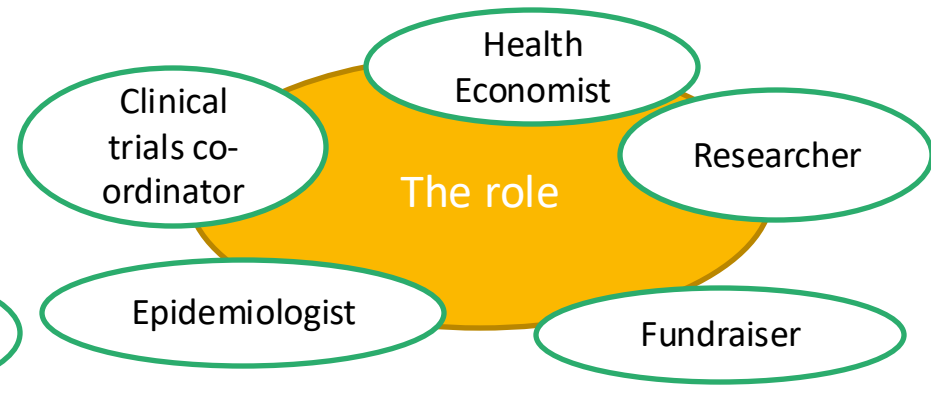
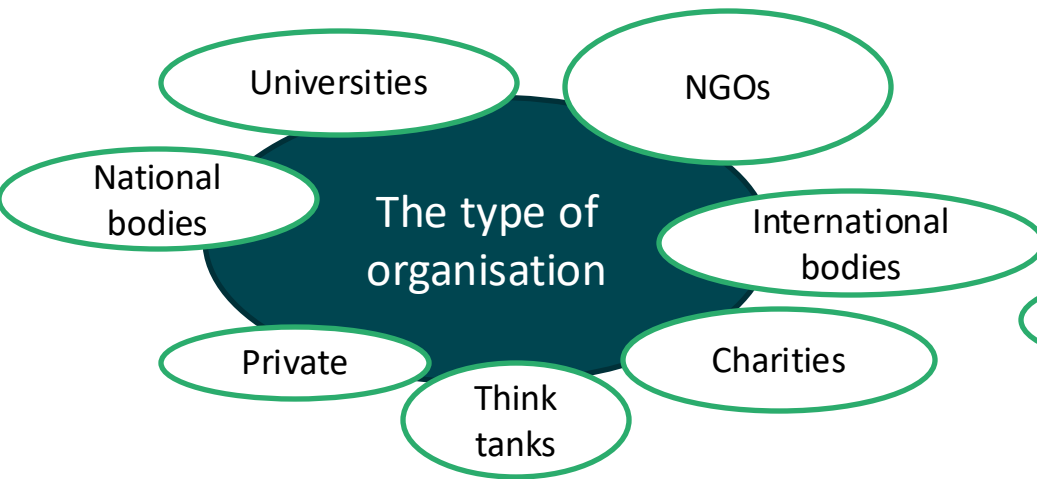
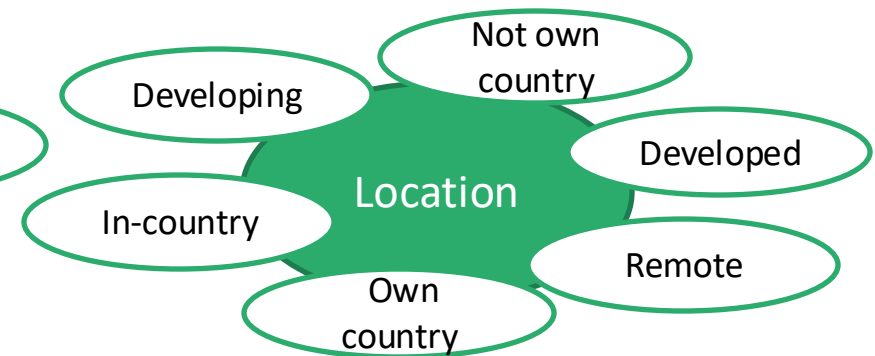
196 | London, United Kingdom

Where they work + Add

59 | London School of Hygiene and Tropical ...

19 | Imperial College London

Think about your focus



- Conversations – alumni, academics, each other
– student-led seminars
- Internships (many unadvertised)
- Volunteering
- Summer Project
- Part-time Work
- Consulting

- Being flexible, not rigid
- Spotting opportunities
- Trying things out and seeing what happens
- Talking to people about your interests
- Finding out about others
- Finding solutions to problems
- Taking risks
- Reflecting and learning from experiences

- Abandon the idea that you have to 'get it right'
- Take your best guess and go for it
- Don't view it as failure or a disaster if you don't like it
- Learn from it and move on
- Consider...is it a useful next step?

By the end of the session you will be able to:

- Identify priorities for your next step
- Evaluate possible career options in the light of those priorities
- Formulate a plan for one action as a next step

We value your feedback

Please complete the
feedback form by
scanning the QR code
now

Thank you and, any
questions.....

Group Workshop Session Feedback



<https://forms.cloud.microsoft/e/4p7U5N14cT>