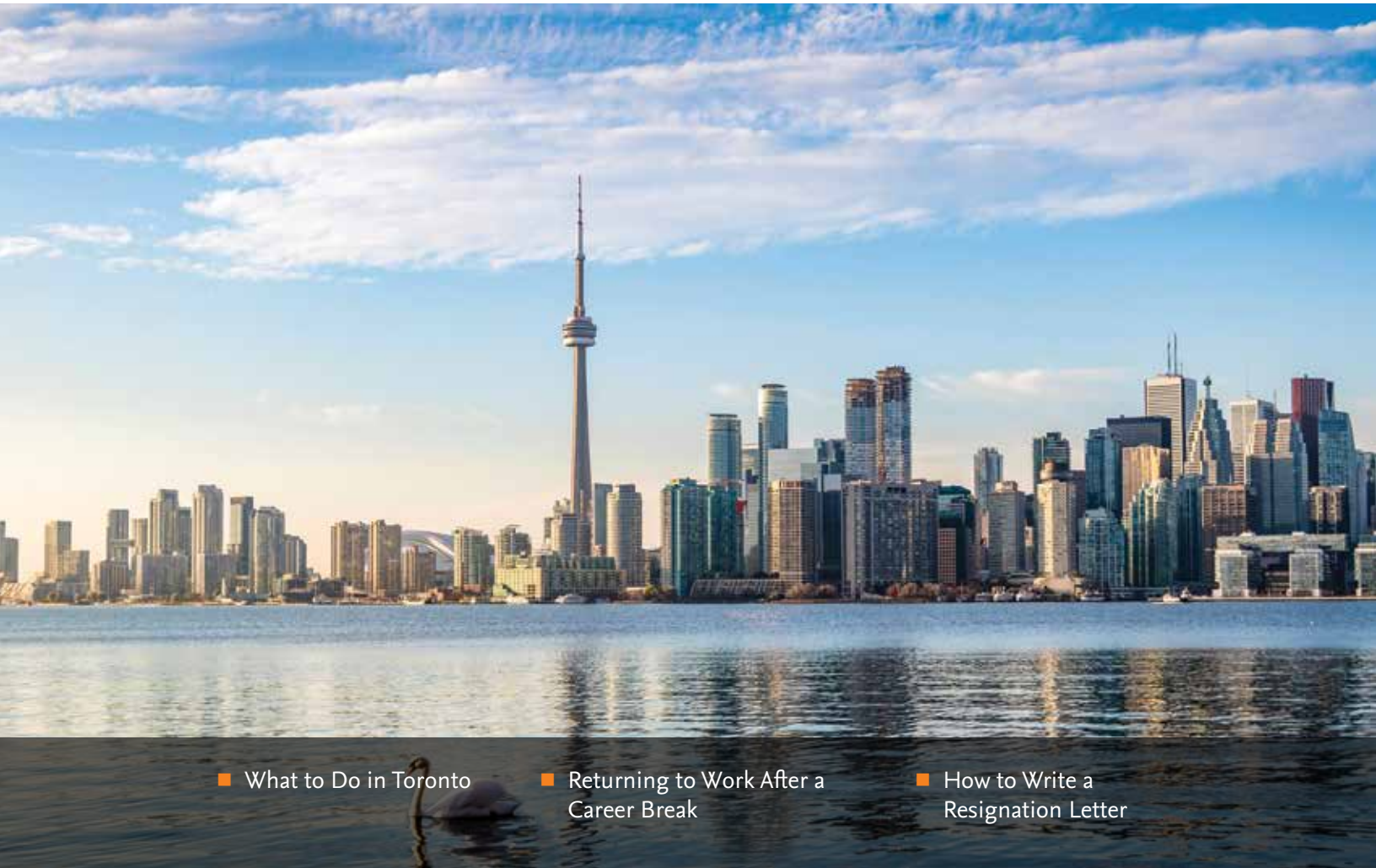


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■ What to Do in Toronto

■ Returning to Work After a Career Break

■ How to Write a Resignation Letter

Career Guide

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What to Do in Toronto

Explore the arts and culture of this cosmopolitan Canadian city.

Toronto is the capital of the Canadian province of Ontario, located on the shores of Lake Ontario within the Golden Horseshoe of Southern Ontario. Being the largest city in Canada, Toronto is known as the center of business, finance, arts and culture. This global city is recognized as one of the most multicultural and cosmopolitan cities in the world. It is a prominent center for music, theater, motion picture and television production; but it is the varied cultural institutions, museums, galleries, festivals, public events, entertainment districts, national historic sites and sports activities that makes it a highly popular vacation destination.

CN Tower

The CN Tower is regarded as one of the Seven Wonders of the Modern World by the American Society of Civil Engineers. From the top of the Tower, the views of Toronto are unsurpassed. There are four observation areas: the Glass Floor room stands at 1,122 ft, the LookOut Level is at 1,136 ft, a 360 degree revolving restaurant called The Restaurant at 1,150 ft, and the SkyPod at 1,465 ft. If you're brave enough, you can experience the world's highest hands-free external walk on the building called the EdgeWalk. This 5 ft ledge goes around the Tower's main pod, but don't worry, you will be connected to a harness before you venture out!

301 Front St West | Toronto, ON M5V 2T6 | 416-868-6937
cntower.ca

The Distillery District

In the 1800s, this charming waterfront area of the city housed Canada's largest distilling company, the Gooderham & Worts Distillery. Today, the historical District has an abundance of industrial-style Victorian buildings, cobblestone streets, galleries, outdoor performances, cafes, restaurants and, of

course, a brewery! Stroll through the District sampling the delicious food, watch the entertaining performances, wander the outdoor exhibitions, have a go at an art class or enjoy an authentic Canadian brew! If you are feeling energetic, then take a longer walk and visit the St. Lawrence Market in Toronto's historic Old Town. The atmosphere is in character with the city's quaint history made up of little shops and charming restaurants.
9 Trinity Street, Ste. 200 | Toronto ON M5A 3C4 | 416-364-1177
thedistillerydistrict.com

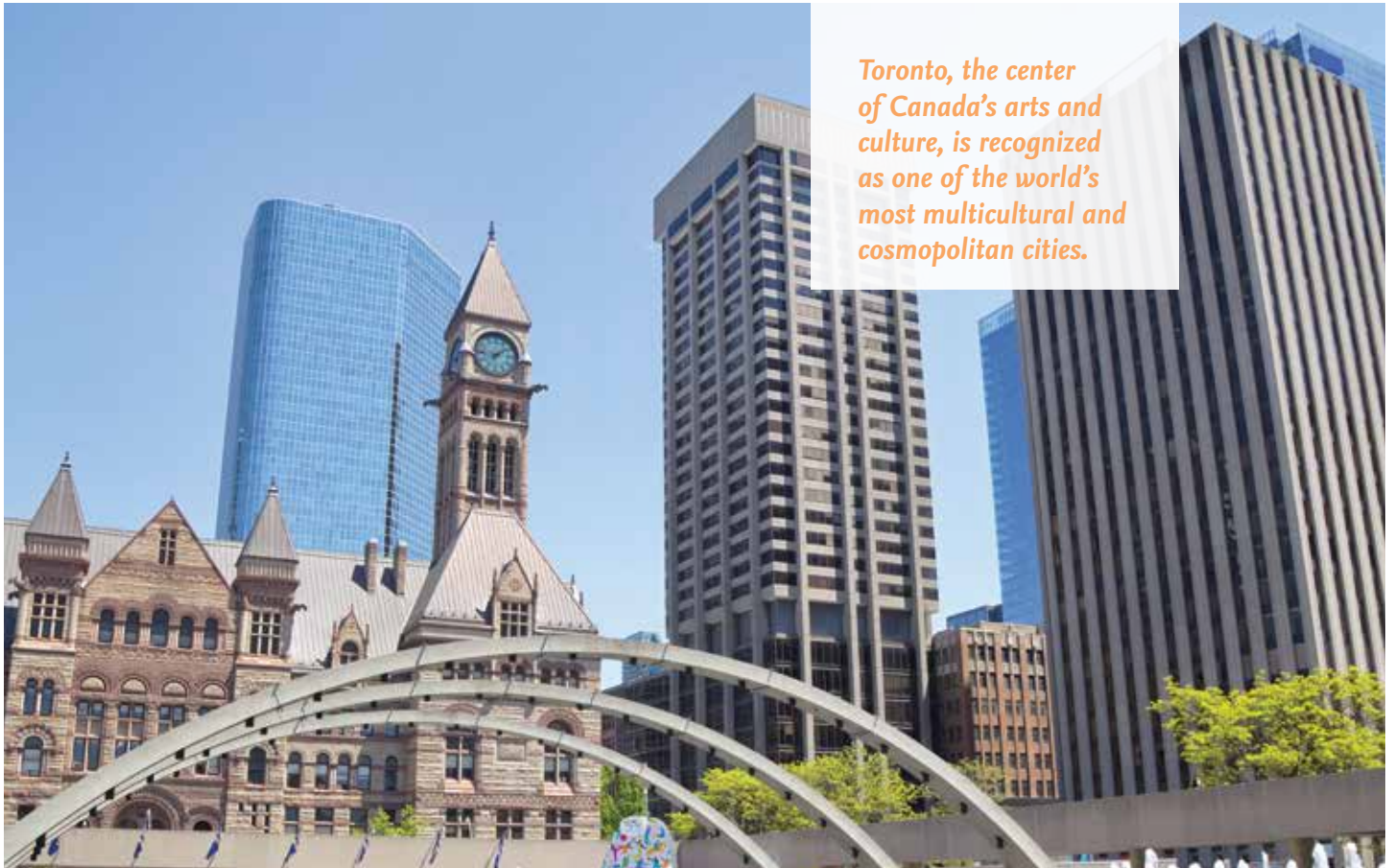
Harbourfront Centre

Once an abandoned shipping terminal, the Harbourfront Centre along the banks of Lake Ontario have been transformed into a bustling center with hundreds of things to do for the whole family. Warehouses that were once abandoned are now art galleries and theaters, making it on a par with Baltimore's Inner Harbor and San Francisco's Pier 39. There are several small parks to relax in, including the Toronto Music Garden that was partly designed by world renowned cellist, Yo-Yo Ma. In the summer, the place to be is Sugar Beach, once a parking lot now reinvented into an urban beach. The atmosphere and variety of activities, shopping and eateries make the Harbourfront Centre a must-see!

235 Queens Quay W | Toronto, ON M5J 2G8 | 416-973-4000
harbourfrontcentre.com

Toronto Zoo

The perfect outdoor place to entertain the kids (and adults!) is the Toronto Zoo. It is one of the largest zoos worldwide, with over 6 miles of trails across 700 acres – it will take more than one visit to see the 5,000 animals kept at the zoo! The Zoo is split into seven different geographical regions and features the largest indoor gorilla exhibit in North America, the Gorilla



Toronto, the center of Canada's arts and culture, is recognized as one of the world's most multicultural and cosmopolitan cities.

Rainforest - a must see! There are plenty of activities to get involved in from ropes courses and carousels to the Zoomobile Ride. Don't miss the Discovery Zone, a 2-acre water play area, theater and interactive wildlife experience that has been designed specifically for children.

2000 Meadowvale Road | Toronto, ON M1B 5K7 | 416-392-5929
torontozoo.com

Casa Loma

If you're looking for a historical indoor experience, look no further than Casa Loma. Built in the early 1900s by Sir Henry Pellatt, a former soldier fulfilling his lifelong dream to construct a castle that overlooked Toronto. Being the lone full-sized castle in North Toronto and taking almost 3 years to complete, Casa Loma showcases towers, secret passageways, horse stables, a huge wine cellar that can hold 1,800 bottles and 98 rooms for visitors to explore! And if the weather is nice, take a walk through the 5-acre garden with its fountains and sculptures.

1 Austin Terrace | Toronto, ON M5R 1X8 | 416-923-1171
casaloma.ca

Royal Ontario Museum

If you are a lover of history, then a visit to the Royal Ontario Museum (ROM) is an absolute must. Sitting adjacent to the University of Toronto campus, the museum was established in 1912 and today houses over 6 million artefacts, making it Canada's largest museum of natural history and world

cultures. There is so much on display from dinosaur bones and ancient Roman sculptures, to Chinese temple art and the fascinating exhibit featuring Canada's First Peoples. To entertain the children, there is a hands-on gallery where kids have the opportunity to feel a snake's skin, peer into the jaws of a shark and look into a fox's den. They can also try on costumes and dig for dinosaur bones in the CIBC Discovery Gallery.

100 Queens Park | Toronto, ON M5S 2C6 | 416-586-8000
rom.on.ca

Scaramouche Restaurant

The Scaramouche Restaurant has long been regarded as one of the most memorable dining experiences in Toronto by critics and customers alike. Keith Froggett, chef and owner, delivers sophisticated fine dining with the utmost care and attention to detail. With stunning views from the restaurant over downtown Toronto's skyline, the restaurant has consistently been ranked as one of the best restaurants in the city for over 30 years.

1 Benvenuto Place | Toronto, ON M4V 2L1 | 416-961-8011
scaramouchrestaurant.com

Richmond Station

If you're looking for the ultimate local cuisine, then go no further than Richmond Station. Not only is it a neighborhood restaurant that is bustling with ambience and vibrance in the downtown area of Toronto, their commitment to serving

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Returning to Work After a Career Break



An increasing number of physicians are taking time out to care for family members, raise their kids and otherwise pursue a better work-life balance. Returning to work after such a hiatus poses a particular problem in the medical sphere; even if you have planned ahead, retained your medical license and continued with professional development courses, it can be difficult. So, what can you do to ease the transition back to work?

There are many reasons why physicians take career breaks. Those reasons can include, as they do for other professionals, home life circumstances such as family leave, personal health or caring for a family member full-time.

Physicians may also take a break from practice for reasons unique to the medical profession; for example, to pursue a research post, undertake charitable work overseas or take an approved leave of absence in support of a national or international activity or organization.

The problem of burn-out, while not unique to physicians, does create another reason for physicians to step away from medicine. A 2016 survey for The Physicians Foundation's Survey of America's Physicians found 49 percent of respondents said they often or always experience feelings of burnout.

Whatever the circumstances that led to the career break, physicians can face tough challenges re-entering the profession.

Part of the reason physicians face such challenges when re-entering the profession is because of the lack of national standards or guidance for returning physicians. The AMA has worked with the Federation of State Medical Boards and the American Academy of Pediatrics to promote consensus and

drive national standards and processes around physicians returning to work after a career break.

However, the picture remains very patchy. The AMA has found that only 51% of state medical boards have a policy on physician re-entry. Of those that do, different states have different definitions of what constitutes a "career break". And reentry requirements differ widely from state to state.

Be prepared for a lot of paperwork

At a minimum, it is likely you will need to provide letters of recommendation and complete numerous forms. Further, be prepared to pay various registration fees. Depending on where you live, you may also need to take assessment tests and/or undergo a retraining program or proctorship.

If you can, plan ahead

If possible, physicians contemplating a career break should make themselves aware of reentry regulations in their state (or state of likely reentry to the profession) before taking a break. This means forethought when initially making the break, so that during your break you can continue with activities that will help you reenter the profession when you are ready to do so. This can involve several hundred dollars per year and time spent taking Continuing Medical Education (CME) courses to keep your license current. While this might not be possible for physicians taking unexpected breaks or working abroad, for those taking a career break to care for relatives or raise children, it may be possible to maintain licensure and keep up to date



Returning to work after a hiatus poses a problem in the medical field, even if you have planned ahead, retained your license and continued professional development courses.

with continuing professional education. However, even then, the path isn't always as straight-forward as, perhaps, it ought to be.

Consider paying for a return to work program

Not only do you need to demonstrate your competence to the medical board and any potential employers, you need to satisfy yourself that you are ready to return. Taking advantage of formal reentry programs can make the transition back to practice much smoother – both practically and emotionally. However, these programs also require significant forward planning. Programs typically last 6 months or more and can cost upwards of \$5k - \$10k.

There are a growing number of opportunities available around the country to help physicians make the transition. The AMA-backed Physician Reentry to the Workplace Project offers useful guidance if you want to take this route back to practice.

As well as giving you much-needed confidence, and potentially satisfying your local medical board, adding such a program to your CV can help to alleviate any concerns potential employers might have – especially those focused on patient safety – when considering interviewing a physician who is returning to work after a significant break.

Finding the right role

While taking a career break doesn't have to mean the end of your medical career, it is, nonetheless, important to recognize that things aren't going to pick up where they left off.

Be realistic when looking at positions. While there is no harm applying for positions at the same seniority as you had at the beginning of your break, you should also consider – and be prepared to accept – a more junior role. What's more, you should be prepared that any roles you are offered may be contingent upon you undertaking a retraining program, perhaps at your own cost.

Work part-time

Continuing to work in some form of part-time practice is the best way to avoid many of the headaches associated with reentry. A part-time position is also a great way to ease yourself back into work gradually. Working part-time has many advantages, giving you the time to combine part-time work with study and other programs required to refresh your skills and update knowledge.

Even if part-time work isn't your long-term goal, consider applying for part-time positions as a way to reenter practice. It opens up more opportunities for you and it's worth remembering that part-time positions can often become full-time positions.

Your CV: Focus on the positives

When it comes to applying for a suitable role, keep your time out of the profession to a single line on your CV. You need to be honest about time spent out of practice, but your CV isn't the place for protracted explanations. One line with the dates and a concise description is enough.

Use your cover letter – or your interview – to expand on your reasons for the break and, most importantly, your desire to return to practice.

The interview: prepare to deal with objections

In an article in the New York Times, Pauline W. Chen, M.D. talks about a deep-seated reluctance in the profession to admit to taking career breaks. Chen suggests that, despite record numbers of doctors choosing to take time off, there is still a stigma in medicine around taking career breaks. It is therefore important to prepare how you are going to talk about and answer questions about the time you have spent out of the profession.

The best way to challenge and overcome any possible stigma is to be open about your reasons for choosing to take the career break and the particular challenges you were facing. You don't need to give excessive detail about time spent outside the profession, unless it is pertinent to your professional skills, so if you find the conversation veering in this direction, refocus the discussion onto your reasons for wishing to re-enter the profession and your qualifications for doing so.

The best way to counter objections is to demonstrate your professional skills and experience and to genuinely express your drive and desire to reenter medicine.

It can be difficult to reestablish your career after a significant break. A lot will depend upon your personal circumstances and where you live, but resources are available to help you. For further information, check out the AMA and the Physician Reentry to the Workplace Project resources as a starting point.

Whatever your personal circumstances, however, one thing is clear: patience and determination are going to be your two greatest assets as a physician seeking to return to practice. ■

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How to: Explain a gap in your CV, Michael Cheary. - *Reed.co.uk*

continued from page 5

delicious, high-quality food is coupled with their dedication to excellent hospitality. A truly exciting experience of local Canadian fare.

1 Richmond Street West | Toronto, ON M5H 3W4 | 647-748-1446
richmondstation.ca

Stelvio

This moderately priced restaurant serves the finest Northern Italian dishes, all classically made with buckwheat flour and delicate cheeses. Highly popular among locals and tourists, the restaurant prides itself on its delicious cuisine. Situated in downtown Toronto on Queen West, if you have a modest budget but want the best of food, this is one restaurant that you must seek out. Oh, and the chocolate cake is to die for!

354 Queen Street West | Toronto, ON M5V 2A2 | 416-205-1001
stelvioronto.ca

Seven Lives

If you don't want to break the bank, but want a good place to eat, then you can't go wrong with Seven Lives in Chinatown, but be prepared to stand in a line! Their "Gobinator Tacos" are second-to-none and well worth the wait. With plenty of food choices and great hot sauces, you will probably be lining up for seconds!

69 Kensington Avenue | Toronto, ON M5T 2K2 | 416-803-1086
sevenlives.restaurantsnapshot.com ■

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Pediatric Endocrinology	Pediatric Neurology
Pediatric Gastroenterology	Pediatric Pulmonary Medicine
General Pediatrics Hospitalists and Primary Care Physicians	Pediatric Rheumatology

Candidates will be considered at any stage of their career with rank dependent on qualifications and experience. The successful candidate will hold an MD degree or equivalent or MD/PhD degree and must have completed an ACGME accredited residency program. Successful candidates will be board certified or board eligible (BC/BE). There will be opportunities for academic growth, career development and mentorship, with protected time for educational and clinical research activities, depending on applicant interests and accomplishments.

The Robert Wood Johnson Bristol Meyers-Squibb Children's Hospital is ranked as one of America's Best Hospitals by U.S. News and World Report. The Robert Wood Johnson School of Medicine is consistently ranked as one of the highly NIH-funded academic universities and Rutgers is a member of the Association of American Universities comprising the top comprehensive research universities in North America.

Interested candidates should email a cover letter and CV to:

Sally Radovick, MD
Professor and Henry Rutgers Term Chair, Department of Pediatrics
Robert Wood Johnson Medical School Email: s.radovick@rutgers.edu

How to Write a Letter of Resignation



Resignation

Once you've decided to move on to another job or have decided to take a break, you will need to write a resignation letter. The official document you submit to your supervisors and Human Resources will set the tone for your remaining time at the office as well as your relationship with them moving forward.

Here are a few tips to guide you through the process.

Well-known HR services organization Randstad advises workers to keep their resignation letter brief though it should include the following:

- The name of the person you are addressing it to: your supervisor, line manager or the manager of the Human Resources department. This should go on the left above the salutation.
- Your contact information: This should go on the top right-hand corner of your letter.
- The first paragraph should include: the effective date of your resignation, the date of your last day of work.
- Middle paragraph: An explanation for your resignation. Keep it simple at this point.
- Final paragraph: Offer assistance with the handover process; remain professional at all times.
- Professional close: Kind regards, or respectfully yours.
- Your name and signature

Here is an example:

First paragraph:

Dear [your supervisor's name]

Please accept this letter as formal notification that I am resigning from my position as [position title] with [company name]. My last day will be [your last day - usually two weeks from the date you give notice].

Check your company policy or your employment contract to find out how many weeks' notice you'll need to give upon resignation. Some companies will terminate an employee immediately, so be prepared for this.

You should also consider including a positive statement about your employer and perhaps even thank them for the opportunities they gave you or wish them well for the future. Here, you can describe some of the key things you have learned and enjoyed on the job, even if you are thrilled to be leaving. Whatever your reasons for resigning, do your utmost to leave on good terms. Whatever it is, refrain from criticizing your current employer.

Barbara Mitchell, human resources and management consultant and author of *The Big Book of HR* and *The Essential Workplace Conflict Handbook* advises, "Keep in mind that you still may need a reference from your current organization, even if you already have a new job. You also want to be paid for any accrued vacation time and any retirement funds you invested in the employer's program. I wouldn't expect an organization to be vindictive enough to try to keep your money, but why chance it?"

Be professional as your resignation letter will be kept on file and could be accessed for future reference. Remain polite and approach the resignation with the right etiquette. Remember

Letter of resignation

Please accept this letter as notice of my resignation from the position at your company.

The letter you submit to your supervisors and Human Resources will set the tone for your remaining time at the office, as well as your relationship with them moving forward.

that down the line, you may need these people for a reference (especially if you stay within the healthcare profession) and leaving things on a good note will leave a positive impression.

Middle paragraph:

I would like to thank you for the opportunity to work in this position for the past [amount of time you've been in the role]. I've learned so much and have greatly appreciated the opportunities I've had to [a few of your favorite job responsibilities]. My training in [area of expertise] was extremely thorough and contained lifelong lessons. I feel that my development as a healthcare professional has grown tremendously and I thank you for that.

Lastly, state your willingness to help out with the transition in your resignation letter. It's not necessary to go into great detail, but a line or two stating that you will do your best to ensure a smooth transition will show your professionalism and sincerity.

Final paragraph & Close:

During my last two weeks, I'll do everything possible to wrap up my duties, update all pertinent records and train other team members. Please let me know if there is anything else I can do to help smooth the transition.

I wish you and everyone in the company continued success, and I hope to stay in touch in the future.

Sincerely,

[Your name]

Make sure to follow company procedures during the resignation process. A well-written resignation letter will

impress your boss and if you ever decide to return to your company, it's good that your last correspondence on file is professionally written.

It is worthwhile to remember that even if you are on relaxed terms with your boss within your current company, make sure you maintain a formal tone and use professional language in your letter. ■

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ABOUT THE AUTHOR

Melanie Grano is a freelance business writer and 20-year Journalism veteran who regularly contributes to career-based publications, including *ThirdCertainty* and *Computer Times*.

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