

Uthman Adesina: My Career Story

My journey from Medical Laboratory Assistant to Head of Service Development, Quality Directorate, NHS Blood and Transplant.

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Over the past 13 years, I have gained extensive experience within the NHS, working across various roles, starting from clinical services, and currently serving in the Quality directorate.

Throughout my career, I have consistently been driven by the desire to enhance myself and those around me, whether they are colleagues or the services we provide our end users so that we can be effective and efficient as possible.

Presently, I hold the position of Head of Service Development, which entails a range of responsibilities. Firstly, I am responsible for shaping the directorate's strategy by formulating and executing long-term visions through engaging with stakeholders to identify opportunities for growth and enhancement. Additionally, a significant part of my role revolves around service redesign, operational management, and the successful execution of projects within the entire Quality portfolio. Originating as a Medical Laboratory Assistant, I have steadily progressed to a Senior Management level. In this article, I aim to highlight three crucial lessons and offer three valuable tips that have greatly contributed to my successful career journey.

Vital Lessons:

The three things I believe that have been critical to my progression are:

Adaptability: My willingness to adapt to changing circumstances and embrace new challenges has been crucial for my career progression. Taking on different roles, learning new technologies, and adapting to new work situations showcasing the ability to be versatile.

Proactive learning: I believe employing a proactive learning mindset which has involved actively seeking out opportunities to expand my knowledge and skills through activities such as workshops, webinars, or conferences, enrolling in relevant courses has been vital.



Patience: Career progression is rarely a linear path. It often involves twists, turns, setbacks, and unexpected opportunities. Patience allows you to navigate these ups and downs with resilience and perseverance. It helps you maintain a long-term perspective and understand that success doesn't always come immediately. By being patient, you can stay focused on your goals, persist through challenges, and remain committed to your career growth.

- Advancing in your career often requires acquiring specific skills, knowledge, and experience. Patience is vital in the process of building expertise and developing a strong professional foundation.
- Career progression often involves capitalizing on the right opportunities at the right time. However, these opportunities may not always present themselves immediately.

Top Tips:

Tip 1 Build a Strong Professional Network: Networking is crucial for career advancement in any field. Seeking out opportunities to connect with professionals both within your organization and in external settings such as industry conferences, and professional associations is essential. Building a diverse and supportive network can provide access to mentors, sponsors, and opportunities for growth.

Tip 2 Seek Mentors and Role Models: Mentorship is a valuable resource for career progression, as it provides guidance, support, and valuable insights from experienced professionals. Look for mentors and role models who have successfully navigated their own career paths. Their experiences can offer valuable lessons and advice. Engage in open and honest conversations, ask for feedback, and learn from their experiences to shape your own career journey.

Tip 3 Advocate for Yourself: Self-advocacy is crucial in career progression, regardless of the community you belong to. Be proactive in identifying and communicating your career goals, aspirations, and achievements to your supervisors and colleagues. Make sure your contributions and accomplishments are visible and recognized. Advocate for opportunities to take on challenging assignments, projects, or leadership roles that align with your career objectives. Develop your skills and expertise through continuous learning and professional development initiatives.