

# International retention podcasts

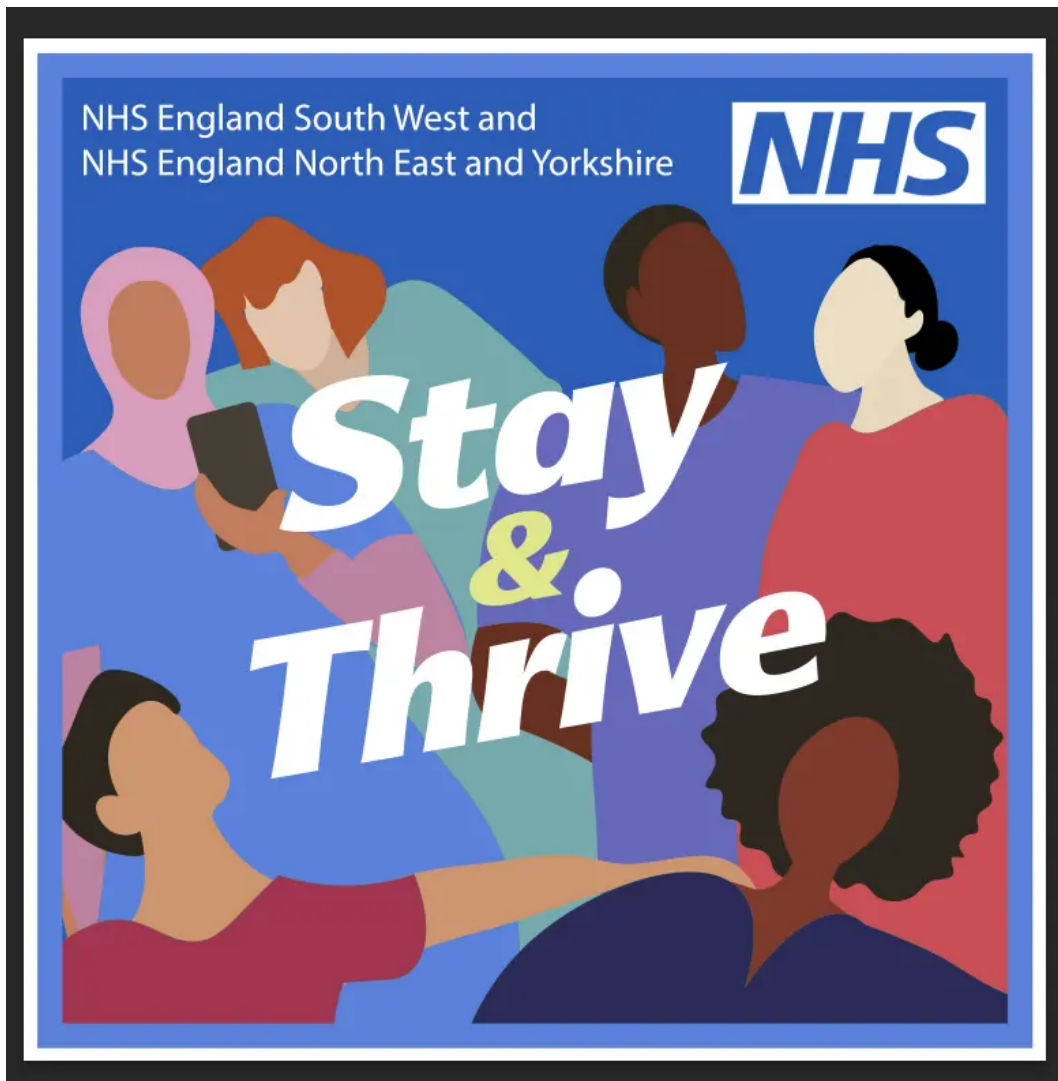
To support employers, there are a number of audio resources that explore the subject of international retention.

## **#StayAndThrive series**

To support #StayAndThrive programme, the team has developed a podcast series exploring the experiences of internationally educated NHS professionals of transitioning to living and working in the NHS workforce in England.

Host, Katy McDonald, a former fellow for international retention at NHS England North East and Yorkshire region, speaks directly to international nurses, midwives, allied health professionals, and to managers and team leaders trying to make those transitions as smooth as possible. The series highlights personal stories of challenges and triumphs, as well as offering advice on how we can all ensure everyone is truly able to stay and thrive.

You can find all episodes on the [dedicated podcast website](#).



The Stay and Thrive podcast

As part of the development of this toolkit NHS Employers, working with NHS England, produced a podcast on the #StayAndThrive programme. The voices you'll hear are members of the community of action, each bringing their own unique perspectives to the challenges international staff face in the NHS. You'll hear advice on how often simple, practical actions can support international staff to stay and thrive and how working collaboratively has enabled the community to share knowledge and practice across different regions.

---

## #StayAndThrive

NHS Employers · International Nurse Retention