# Chair recruitment: Time commitments of a chair video

Transcript for the “Time commitments of a chair” video.

**SPEAKER:** Professor John Connaghan CBE, Chair, NHS Lothian

**>>JOHN:** So, we turn now to the question of what is the time commitment of an NHS chair? Indeed, this is one of the most common questions people ask about being a board chair. How much time does it really take?

**>>JOHN:** So, typically the role involves a commitment of around about three days a week. This does vary by board, and of course it also depends on the issues that you're dealing with.

**>>JOHN:** A board chair's time is spent in a variety of ways from chairing meetings, attending national and local committee meetings, to engaging with staff and patients and contributing at a regional and national level with other chairs and execs and non-execs.

**>>JOHN:** You'll also meet regularly with all the other board chairs and the Cabinet Secretary for Health and Social Care. It is a demanding role. No two weeks look the same. You will have some ad hoc commitments, things that you can't always predict. So, that means that you need to balance those competing demands and manage your time and prioritise effectively, which is an essential skill all chairs need.

**>>JOHN:** You need to ensure that your community get all the time and attention they need, and the fulfilment of this role. While it is a significant commitment, can I assure you, it's also incredibly rewarding, and I speak from a number of years of experience in this area.

**>>JOHN:** You are helping to shape the healthcare in Scotland at both a local and a national level. If you can bring strong leadership in that commitment, then please apply. Thank you.