John Gilbert, B.A.(Hons) Psych., HPD, PNLP, MNCH, (Reg).

Principal Consultant and Clinical Hypnotherapist

Training Courses for Doctors

My mission is to help NHS doctors achieve their goals and overcome their challenges more quickly and effectively than they would without my help.

After graduating from Warwick University in Psychology, I spent 15 years in various roles within British industry before co-founding The Worklife Balance Company management training consultancy and then, ten years later, creating Training Courses for Doctors, the medical training consultancy. As the Principal Consultant I facilitate continuing professional development group training for clinicians and healthcare professionals. Over the last 21 years I’ve worked with NHS Deaneries across the UK to deliver a wide range of non-clinical career development training for all grades of NHS doctors, nurses, dentists, GPs, medical students and NHS managers. My portfolio of courses includes leadership and management, interpersonal communication, training the trainers, professionalism in medicine, reflective practice and work-life balance, resilience and wellbeing training.

I also work with individual doctors who face significant personal and professional challenges leading to underperformance . This one to one coaching and mentoring service has achieved successful ARCP (Annual Review of Competency Progression) and examination outcomes and positive feedback from trainees participating in this innovative programme. I am also a Clinical Hypnotherapist registered with the National Council for Hypnotherapy and use hypnosis daily to help clients achieve desired outcomes.