



## Coaching for SupportTT

To assist you with your return to training, you have been allocated coaching support. This support will be provided by ourselves, Westwood Coaching Associates on behalf of HEE North West.

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### Aims of Coaching support

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Returning to training following time out can be challenging. Doctors often express concerns about their confidence, competence, work-life balance and managing stress. Each Doctor's return to work is unique to them depending upon their personal situation. This might include additional factors such as caring responsibilities at home, exam preparation, completion of research projects or health concerns, noting this is not an exhaustive list. The aim of the coaching support offered is to help you to identify, explore and work towards a successful return to training.

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### What support is provided

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- There will be an initial meeting of around an hour and a half. This will enable you and your coach to assess your needs.
- This will be followed by up to 2 further coaching sessions. Additional support may be offered after this, subject to approval by the programme.
- You will work with fully qualified coaches, and this should enable you to feel supported in your training.

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### About the coaching support

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- Because individual trainees have individual support needs, the coach will work with you on your own unique requirement for this work.

- This is a process where strict confidentiality will be observed to protect the participants.
- Areas for coaching will be agreed with you prior to commencement of coaching sessions.
- Your coach will report attendance at coaching sessions and will produce a final report to describe the support accessed – this will not mention any of the confidential topics discussed in the support accessed. You will receive a copy of the final report.
- Suitable for doctors and dentists at all levels in postgraduate training.
- As the coaching support is related to your training, you should be released from work commitments to access if this proves necessary.

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### Your role in the process

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- Your coach will make contact to arrange the initial support session. Thereafter, sessions will be arranged directly between you and your coach. Noting that the coaching is usually offered Monday-Friday between the hours of 9am and 5pm.
- Sessions will be delivered virtually via Zoom or MS Teams. You should ensure that you are accessing these channels in a private location.
- It is anticipated that you will undertake any actions between sessions, which you commit to.
- Cancellation charges are payable for appointments that are missed or cancelled at late notice, so please adhere to planned sessions as much as possible (noting emergencies do occur).