

Introduction to Coaching and Mentoring Skills

Part of the LYPFT SAS Doctors Training Programme

Thursday 3 February 2022

Virtual Event via Zoom

9am Registration, 9.30am Welcome and 4.30pm, Close

Led by Dr Emily Muirhead, this course describes the similarities and differences between coaching and mentoring approaches. It will also allow delegates to apply a coaching model to structure coaching conversations

After attending this course you will be able to:

- Develop enhanced skills including active listening, supportive and challenging questioning techniques, reframing and developmental feedback.
- Build rapport and respectfully challenge assumptions, perceptions and limiting beliefs to enable wider perspectives and generate more options.
- Use coaching models and tools to ensure you use an effective approach in your relationship with trainers and trainees
- Opportunity to reflect on strategies to support the wellbeing of others and yourself

About our Speaker:

Dr Emily Muirhead is a GP, educator and an executive ILM qualified coach in West Yorkshire. She is a senior appraiser for RO's and medical directors through NHs E&I. Emily is passionate about communication and using these skills to facilitate a better work life balance to avoid stress and burnout.

Course Fees:

£FREE for LYPFT SAS Drs

All learning materials, lunch and refreshments are included.

Reservations:

Please complete the reservation form and email to andrewsimscentre.lypft@nhst.net

Study Methods and Accreditation:

Lectures, small group work, group discussions, question and answer sessions, case studies, case directed discussions etc. This course is eligible for 6 CPD hours subject to your peer group approval.

This conference is suitable for:

All SAS Doctors from LYPFT. SAS Doctors from other organisations are able to attend, please contact the Andrew Sims Centre directly.



Andrew Sims Centre Reservation Form

Course Title: **Introduction to Coaching and Mentoring Skills**

Date: **Thursday 3 February 2022**

YOUR DETAILS

PLEASE PRINT YOUR DETAILS IN BLOCK CAPITALS

Title First Name

Surname

Job Title

Speciality

Trust / Organisation

Preferred Mailing Address

..... Postcode

Work Telephone

Mobile

Email

Dietary Requirements.....

Special Requests

Signature

Date

NEWSLETTER AND MARKETING

We want to stay in touch, to let you know about our future courses, discounts and ASC news. If you want to receive this information via our email Newsletter, sent every two weeks, please click [here](#).

COURSE FEES

☐ **£FREE** for LYPFT Staff

Paid by the LYPFT Medical SAS budget

PLEASE MAKE SURE YOU HAVE YOUR STUDY LEAVE APPROVED

HOW TO BOOK

Fill in the form online, otherwise please complete the reservation form and email it to andrewsimscentre.lypft@nhs.net.

ACCREDITATION

This course is eligible for **6** CPD hours subject to your peer group approval.

THE VENUE

This event will be conducted virtually via Zoom, please ensure that you have the software downloaded and a free account created prior to the day of this course. You can sign up to Zoom [here](#). More information regarding Zoom and how to join the course will be emailed 2 weeks prior to the event.

CONFIRMATION OF RESERVATIONS

All reservations will be confirmed immediately in writing. Further details including programme times and venue information, will be forwarded approximately 2 weeks prior to the event date. Please ensure you have provided an email address as all booking confirmations will take place by email.

RESERVATION & CANCELLATION POLICY

Cancellations must be received in writing at least two weeks prior to the course date.

FURTHER INFORMATION

The Andrew Sims Centre ("ASC") is part of Leeds and York Partnership NHS Foundation Trust ("LYPFT"). Your personal information will be stored and processed by the ASC, Stripe and HMA according to the General Data Protection Law ('GDPR'). If you would like further information about this please contact us. Your personal information will be used by the ASC to process your application to attend our events.

If you would like to keep up to date with our events and activities, please click [here](#).

If you have booked with the ASC before and already receive our Newsletter and want to unsubscribe please tick here ☐

If you would like your details to be made available to our third-party partners such as selected event co-partner organisations, or to companies sponsoring or exhibiting at our events, please tick ☐