

Introduction to Coaching and Mentoring Skills

Workshop

Leeds and York Partnership NHS Foundation Trust

Thursday 8th September 2022 : Start 09:00 – 16:30

(Breaks at 10:45, Lunch 12:30 – 1:15 and tea 3:00)

Outline

- Describe the similarities and differences between coaching and mentoring approaches.
- Apply a coaching model to structure coaching conversations.
- 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

Facilitator

Dr Emily Muirhead

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

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