



Are you a medical professional? Would you welcome free coaching focused on you, your situation and your future?



RECEIVE FREE AND CONFIDENTIAL COACHING FROM ONE OF THE TRAINED DOCTORS WHO HAVE COMPLETED OUR TRANSFORMATIONAL COACHING DIPLOMA.

ENJOY THE TIME AND SPACE TO GENERATE NEW THINKING WITH A TRAINED COACH.

3 free coaching sessions of one hour each over the course of six to eight weeks.  
Gain some clarity and focus on your future.

We are training a number of doctors, who are studying with us for a Transformational Coaching Diploma qualification that is accredited by the Association for Coaching. Once they have completed their training, the coaches are required to gain experience through engaging in coaching conversations with a small number of individuals.

We recognise that a great many medical professionals would benefit from the support that coaching conversations are able to provide and so we're offering to match them with doctors on our course to participate in a mutually rewarding coaching programme.

Each coaching client will receive 3 one-hour coaching sessions. where they will have the opportunity to discuss, in a safe and confidential space, their present situation and their desired futures. Each session will be delivered by a doctor who has completed our Transformational Coaching Diploma.



[www.yourcoachingjourney.co.uk](http://www.yourcoachingjourney.co.uk)



## Examples of topics for coaching conversations



You might want to talk about any of the following in your coaching sessions: -

- your future career choices
- work relationships
- managing boundaries
- work life balance
- your future direction in or outside medicine
- imposter syndrome and limiting beliefs
- managing overwhelm
- your wellbeing

## What is coaching and the role of the coach?



Coaching might be thought of as a conversation with a purpose. It provides the luxury of a protected time and space to discuss your situation with someone who will listen without judgement. Rather than telling you what to do, your coach will facilitate your thinking to find your own answers and to decide on the steps you wish to take to follow your own unique path forwards in a variety of areas of your life and career.

Coaching is not therapy or counselling and it is also not mentoring. If, at any point in the coaching relationship the coach feels that either of those forms of support would be more appropriate for you they will talk to you about the best way forward.

## What is your role in the coaching relationship?



In order to make the most of the coaching it would be good for you to be ready, willing and able to be present in the coaching relationship.

Being ready means having something that you would like to work on in the coaching sessions and having time to invest in yourself.

Being willing means being prepared to work towards achieving your desired outcomes; changing any self-limiting behaviours that are holding you back; and being willing to try out new things.

Being able means that you are well and in the right frame of mind to enter the coaching sessions with a view to achieving the outcomes you wish to see.

Accredited by



Association  
for Coaching

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Your Coaching Journey

## What training have the doctors providing the coaching received?

Each of the doctors providing the coaching on this scheme have completed a six month coaching programme, which is accredited by the Association for Coaching. They have learned skills and techniques from a variety of approaches to coaching, including:

- **Person-Centred Coaching**
- **Solution-Focused Coaching**
- **Positive Psychology Coaching**
- **Cognitive Behavioural Coaching**
- **Coaching with Neuroscience**

Each of the doctors has been assessed at the end of the programme and now just have to complete their practice hours to gain their qualification. This is where you might be able to help them, whilst also receiving invaluable support for your own situation.



## Accessing your free coaching support

In order to be matched up with one of our coaches, we ask you to complete a very simple form which is available at the link below:

[Access your free coaching](#)



## If you have any questions

If you have any questions about the coaching service that is being offered to medical professionals by the doctors on this programme, please feel free to drop us a line at the following email address:

[tomdillon@yourcoachingjourney.co.uk](mailto:tomdillon@yourcoachingjourney.co.uk)

