

# Returning & Thriving in Training and Practice Coaching Programme 2024

## An Exciting Coaching Opportunity

ELFT and HEEoE are offering an exciting coaching opportunity for trainees (please note priority will be given to SRTT and LTFT trainees). This programme will consist of 6, two hour online sessions, between 16.01.24 and 19.03.24. It will be delivered by experienced coaches: Sheena Bailey an ICF MCC credentialed coach and Dr Angela Skidmore a Consultant Occupational Physician in the NHS. The sign up deadline is **Tuesday 12th December 2023**.



## A Brief Overview of the 6 Workshops

<b>Workshop 1</b> 16-01-24 from 10.00am to 12.00pm	Connecting with one another and introduction to coaching and contracting
<b>Workshop 2</b> 30-01-24 from 10.00am to 12.00pm	Contextualising change – exploring models of change and transactional analysis approaches to change
<b>Workshop 3</b> 06-02-24 from 10.00am to 12.00pm	Interpersonal dynamics – type, style preferences, dealing with tricky workplace dynamics and practical frameworks for handling difficult conversations
<b>Workshop 4</b> 20-02-24 from 10.00am to 12.00pm	Confidence and imposter phenomenon
<b>Workshop 5</b> 05-03-24 from 10.00am to 12.00pm	Self-awareness, insight, emotional intelligence and self-compassion
<b>Workshop 6</b> 19-03-24 from 10.00am to 12.00pm	Taking a coaching approach and stance forward in the workplace; self-coaching and celebrating successes

## The Main Learning Outcomes

- **Gain** a clearer understanding of your areas of comfort and familiarity - and of your areas of challenge and concern for returning and thriving in training.
- **Explore** your work-life balance and consider any areas of change or development which might be useful.
- **Develop** your own model and felt experience of being at your best under pressure.
- **Build** your confidence and understand and adapt your own style for the various situations you encounter.

## Our Positive Feedback



## How to Register

Scan this QR Code and complete the Sign Up form

