



# Looking after **YOU**

## Confidential coaching for the primary care workforce

### Looking after **YOU TOO**

This is a safe space to focus on you and your wellbeing and to talk about any pressures and challenges you may be facing. The coaching is designed to support you to develop practical strategies to cope with your situation and stay well. It is all led by you and how you are feeling right now.

### Looking after **YOUR TEAM**

If you **lead, manage, or organise** a team or group in primary care you can access this offer. This coaching can support you to work with your team and to think about how your team is working together. We can help you to develop practical strategies to create a more compassionate and collaborative team culture.

### Looking after **YOUR CAREER**

Do you feel in control of your career? This tailored coaching service can support you to take practical steps over your career direction and to proactively advance it. Your coach can help you to develop career plans and strategies for self-management.

All coaching is confidential. This offer is for staff working in the delivery of frontline primary care services. You will be either employed by the NHS or working with an NHS funded employer delivering an NHS funded primary care contract.