



# COACHING & MENTORING

Have you ever considered coaching or mentoring as a development tool? Did you know that our organisation is part of a wider coaching and mentoring Network?

With over 100 qualified coaches ready and waiting to support you to achieve your coaching goals.

**How it works;** Coaches have profiles set up which lets you know a little bit about them, where they work and if they have a specialist area for coaching, helping you decide which coach best suits you.

**All you need to do is:** select a coach. Whether you want to work with a coach in a similar environment/sector or totally different we have you covered.

**All coaching is confidential** and will support you to achieve your goal around your chosen topic. This can cover anything from career development, relationships, communication, leadership and performance.



**Coachee 1 said:** "Coaching has allowed me the space to think about my communication style and the impact this has on my team which has made me more effective in my leadership style and overall the team much happier".



If you would like to understand how coaching can help you please email [hny.wellbeing@nhs.net](mailto:hny.wellbeing@nhs.net) where one of the team would be happy to help.

Alternatively you can sign up to be coached here:

[.\(mycoachingnetwork.co.uk\)](https://mycoachingnetwork.co.uk)

Here is the user guide for coachees which will talk you through setting up a profile. Once your profile is created, via the platform we recommend you look through the coach profiles and set up meetings with three to decide who you would prefer to work with.

### Coachee Handbook



**Coachee 2 said** - "I was introduced to the Circle of Control which has massively helped me to understand my abilities and limitations of controlling situations I am in. I am now able to realise situations where I do not have control and therefore accept those situations better and change my response to this. I can now make decisions more easily which in turn is helping my mental health".