

Free coaching service for trainees

“ Coaching is the most valuable thing I have experienced in my career in terms of making me the clinician I am today.”

“ Coaching is an evidence based practice with very effective methods bringing tangible positive results.”

“ I was sceptical initially but coaching is genuinely something all trainees should do.”

- **Want to discuss career progression?**
- **Require strategies to achieve better time management and work/life balance?**
- **Want to develop your communication and problem-solving skills?**
- **Considering a career change?**
- **Need some protected time to think it all through?**



Any trainee can apply:
coaching@yh.hee.nhs.uk



More info at:
www.yorksandhumberdeanery.nhs.uk/education/coaching/