

Coaching Opportunities

Boost



with the Health and Care Coaching Network...

What is coaching?

A coach has the belief that they can support you to reach your full potential. Coaching is a constructive, one-to-one, confidential, virtual conversation where the coach uses skills such as focused listening and effective questioning to support you to come up with your own solutions, to help you to move forward, and to improve performance.

We have over 20 accredited coaches in our network available to support staff in our health and care system. Coaches are available from our local NHS and from our partner organisations and you will be provided with an opportunity to choose the coach that is the right fit for you.

What to expect from your coach

- Our coaches will offer you a confidential, virtual space to discuss your goals, with a focus on questioning, listening and objectivity
- All of our coaches have a minimum Level 5 accreditation in coaching, or have an equivalent level of experience
- All adhere to the NHS principles and values
- All practice in accordance with the Global Code of Ethics

If you are interested in coaching, or if you are an accredited coach and would be interested in joining our network, please contact the Network at:

Tel: 01768 639320
Email: info@boost.org.uk

To find out more, visit:
<https://boost.org.uk/improve/coaching/>

Coaching can support you in...

- Going through change
- Starting out in a new role
- Decision making
- Navigating and overcoming challenges
- Enhancing and improving performance
- Identifying and achieving your goals

...and in many other situations

Coaching isn't...

- Mentoring
- Counselling
- Coaching doesn't replace or form part of performance management

What your coach will expect from you

- Commitment to the process, (usually 3-6 virtual meetings) with planning and preparation for sessions and work on agreed actions
- Things to consider: Do you have any current goals? What is going well in your current role? What challenges do you face?