

Is coaching right for me?

Boost



with the **Health and Care Coaching Network...**

Coaching can support you in...

- Going through change
- Starting out in a new role
- Decision making
- Enhancing and improving performance
- Navigating and overcoming challenges
- Time management
- Leadership
- Career development
- Work relationships
- Motivation
- Clarifying and issue
- Building confidence
- Identifying and achieving your goals

...and much more

What is the process?

- You would first meet the coach virtually for an introductory session known as the contracting meeting, to find out more about coaching. This will help you to determine whether coaching – and the coach – are the right fit for you. At this stage you would also define expectations for both parties.
- The coaching process usually takes place over 1 – 6 virtual sessions over a period of up to 6 months, and is made up from a cycle of action, reflection, options, mind-set and applying learning¹. The number of sessions and time between sessions is determined at the contracting stage.

What to expect from your coach

- We have over 20 accredited coaches in our network available to support staff in our health and care system
- 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, and 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/>

¹Sourced from Bird, J. and Gornall, S. (2016) *The Art of Coaching*. Abingdon: Routledge