



Learning Objectives

This half day course will provide you with some insights into

- what mentoring is or can be!
- some of the skills that are useful
- how a mentoring or coaching relationship might be structured
- some important ground rules
- some of the opportunities are available to you locally

The format of the day will be interactive: much of the work will involve discussion, with some educator input and some practical activities.

Programme

9.25 am	Welcome and housekeeping
9.30 – 10.45	Introductions What is our experience of mentoring? What do we want to achieve as coaches or mentors? What are the skills required? Practical exercise and reflection Introduction of a model for mentoring or coaching
10.45 – 11.00	Coffee
11.00 – 12.20	Some tips and techniques you might find useful 2 nd practical exercise and reflection Setting up/beginning a relationship: what might you want to consider? Possible problems and how to overcome them Opportunities to use mentoring and coaching skills
12.20 – 12.30	Questions and review of the morning

RCGP Curriculum areas covered:
Good Medical Practice Framework:
1.1 Maintain your professional performance

Feedback, Course certificates and Reflection on Learning

We will send you instructions for submitting feedback and accessing your course certificate after the event.

Course materials

Course materials, handouts and presentations will be added to the website. Please let us know if there are materials that you cannot find on the website. All materials from previous courses are stored in the library. You can access the library at any times and search for documents or topics using key word(s).