

This course is aimed at GPs who are in any supervisory role, or see such a role in their future plans. This may be supervising an F2, an ST doctor or a colleague.

The skills we will develop include: motivation, support, help in making effective choices and developing self awareness.

The day will include a little theory, but mostly discussion and skills practice in a safe and supportive environment.

Learning Objectives

- Understand what mentoring is or can be!
- Develop effective skills to use in a mentoring relationship
- Learn how a mentoring or coaching relationship might be structured
- Discuss some important ground rules
- Consider as a group some of the opportunities available to you locally

Programme

9.00 – 9.25	Registration and coffee
9.25 – 9.30	Welcome and housekeeping
9.30 – 10.40	Introductions What is our experience of mentoring? What are the skills required? Where might we use these skills? Practical exercise and reflection
10.40– 11.00	Coffee
11.00 – 12.15	Introduction of a model for mentoring 2 nd Practical exercise and reflection Setting up/beginning a relationship: what might you want to consider?
12.15 – 1.00	Lunch
1.00 – 2.15	'The Expert Changer' Tips and techniques of mentoring: ways to maximise the usefulness of the relationship

2.15 – 2.35	Tea
2.35 – 3.30	Possible problems and how to overcome them Opportunities to use mentoring skills Review of the day
3.30	Close

RCGP Curriculum areas covered:

2.04 Enhancing professional knowledge

Good Medical Practice Framework:

1.1 Maintain your professional performance

- Participate in professional development and educational activities

3.1 Communicate effectively

- Communicate effectively with colleagues within and outside the team
- Encourage colleagues to contribute to discussions and to communicate effectively with each other

3.2 Work constructively with colleagues and delegate effectively

- Support colleagues who have problems with their performance, conduct or health
- Act as a positive role model for colleagues

Feedback, Course certificates and Reflection on Learning

Please submit your feedback online by following the link in the email you will be sent after the course. Feedback will be collated and shared with educators.

Once you have left your feedback, you will be able to access your course certificate and reflection on learning template for this course.

Your course certificate and reflection on learning can be completed, added to or amended at any time, using your HLP login. You can also download it as a PDF document.

Course documents

Course documents will be added to the website. You will find them next to this course in the programme listing, and also in the library.

All shared documents from recent courses are stored in the library. You can access it at any time and search for documents or topics using key words.

Sponsors

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We are very grateful to these sponsors for supporting this event. Please do visit their stands during the breaks.

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