

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

Learning Objectives

- Understand what mentoring and coaching are or can be!
- Develop skills to use in a mentoring relationship
- Learn how a mentoring or coaching relationship might be structured
- Discuss some important ground rules
- Practise skills in a safe environment
- Consider where you might apply these skills

Programme

9.00 – 9.25	Registration and coffee
9.25 – 9.30	Welcome and housekeeping
9.30 – 9.45	Introductions What is mentoring? coaching? Are they different? What are the skills required? Where might we use mentoring /coaching skills?
9.45 - 10.10	Introduction of a model for mentoring Practical exercise and reflection
10.10 – 10.30	Setting up/beginning a relationship: what might you want to consider?
10.30 – 10.50	Coffee
10.50 – 11.40	Tools to use in a mentoring or coaching relationship, to include <ul style="list-style-type: none"> - Creating motivating and achievable targets - Time management skills - Self-motivation - Goal setting for personal and professional development* Practical exercises and reflection
11.40 – 12.00	Dealing with challenging scenarios
12.00 – 12.15	Endings: how to have a useful ending to a mentoring or coaching relationship
12.15 – 12.30	Opportunities to use these skills and reflection on the morning Close

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

**These areas of learning have been requested by course participants*

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 sent out after the course if available.

Sponsors

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We are very grateful to these sponsors for supporting this event. Please do visit their stands during the breaks: their support reduces the cost of membership and course fees significantly.

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