



Coaching

## Looking after you too

#LookingAfterYouToo: Coaching support for primary care staff

### Are you facing challenges in your work right now?

Would it be helpful for you to talk to someone who can help you process the experiences you are facing, develop coping skills and importantly, develop practical strategies to manage the situation, so you can carry on with your work and your life?

Individual coaching support with highly trained, experienced coaches is now available to frontline primary care staff by video link or telephone.

We recognise that it's not just clinicians who are facing challenges right now.

- If you are working within general practice, community pharmacy, dentistry, optometry or any other primary care service
- If you are employed by the NHS, or contracted to deliver work on behalf of the NHS

Then this offer is for you.

*Coaching support is provided independent of your employer and your employer will not be informed that you are accessing coaching support unless you choose to tell them.*

Book your session at a time to suit you.  
Sessions are available 7 days a week, either by video or telephone.

[people.nhs.uk/lookingafteryoutoo](https://people.nhs.uk/lookingafteryoutoo)