

New Mentor Training Course

Monday 10th February – Rotherham

By the end of today you should be able to:

1. Appreciate the role and importance of mentoring in medicine.
2. Gained confidence utilising a mentoring approach in your relationship with other doctors
3. Enhanced your skills in active listening in the context of a mentorship relationship
4. Developed appropriate questioning techniques and new methods of guidance without being overly directive
5. Understand contracting and how to manage the mentee-mentor relationship
6. How to access peer support and supervision as a mentor
7. What to do if you are concerned about the wellbeing of your mentee

Facilitator

Dr Sarah Coope

Sarah has been a GP since 2002. She is an experienced GP appraiser, medical school tutor and also provides educational & behavioural support for doctors in difficulty through NHS E.

Alongside her clinical work, Sarah's passion is teaching and facilitating communication skills workshops. She regularly presents workshops for the MDU & for the Yorkshire and Humber Deanery on various aspects of communication and leadership & management.

Sarah is a qualified coach and has worked with many health professionals covering a wide range of areas, particularly around conflict, burnout, stress and career development. She is also an accredited mediator.

We offer a wide range of programmes and growing bank of online resources and reference guides accessible on our DoctorsTraining site.

Programme

0930	Introductions and expectations Mentoring explained Mentorship skills
10:45	Coffee break
11:00	Mentorship models and practice
12:30	Lunch break
1:15	Working with rate limiting beliefs and blocks Drivers and values
14:30	Tea
14:45	Developing resourcefulness and resilience
15:15	Local implementation of a mentoring scheme and Contracting
16:00	Reflection and evaluation

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My thoughts....

Why have I attended this course?

What do I want to cover?

Do I have any specific challenges or areas to work on today?

So What are the 3 key things I have learnt today

Now what will I do differently in the future?

Do I have any additional learning needs?



Evaluation

<https://www.surveymonkey.co.uk/r/QP3YVPN>

Your views are really important to us.

Please scan this QR code to provide feedback on the day.

Doctors training doctors.....

who else fully appreciates the context & requirements of doctors?