

Introduction to Coaching Skills

Virtual Interactive Workshops

University Hospitals of Leicester NHS Trust

Thursday 15th July 21: Start 09:30 – 15:30 (doors open at 9:20)
(doors open at 9:20, break at 11)

Outline

- Describe the similarities and differences between coaching and mentoring approaches.
- Apply a coaching model to structure coaching conversations.
- Develop enhanced skills including active listening, supportive and challenging questioning techniques, reframing and developmental feedback.
- Build rapport and respectfully challenge assumptions, perceptions and limiting beliefs to enable wider perspectives and generate more options.
- Use coaching models and tools to ensure you use an effective approach in your relationship with trainers and trainees
- Opportunity to reflect on strategies to support the wellbeing of others and yourself

Facilitator - Dr Simon Frazer (Director of Doctors Training)

Simon works as a consultant in Paediatrics, professional educator, senior appraiser for NHS England and is an ILM qualified coach. He led the education services in an acute trust for 8 years as the Director of Education and deputy medical director.

He has worked with HEE on several initiatives around regional induction passports and faculty development. He has experience leading the development and implementation of the RCPCH trainee portfolio and representing his college developing a revalidation portfolio with the Academy of Royal Medical Colleges.

 Email: office@doctorstraining.com

 Twitter: [@sifrazer](https://twitter.com/sifrazer)

 Web: www.doctorstraining.com