



Free, rapid access to confidential coaching in primary care



www.england.nhs.uk/lookingafteryou

How are you today?

Thousands of your colleagues across primary care have benefitted from protected sessions with an experienced coach at a time that suits them. And so could you.



"Really useful to be able to air concerns openly with someone who is completely impartial and the calls allow you the space to reflect and consider actions - would definitely recommend."
Coachee

Email our team at england.lookingafteryou@nhs.net if you have any questions and we'd be happy to help answer them.

Looking after YOU TOO

Support from a coach from a healthcare background
Your coach can support you to develop practical strategies to cope with workload pressures and stress, giving you some protected time to reflect on professional or personal concerns.

Looking after YOUR TEAM

Support from coaches with a background in team development
Your coach can offer dedicated time to help you as a leader or manager to support your team through change, improve working relationships and promote healthy team working.

Looking after YOUR CAREER

Support from coaches with a background in career planning
Your coach can help you to think about your career decisions and how to get the most fulfilment out of your career.



Workforce Initiative of the Year