

NHS HIGHLAND DOCTOR'S MENTORING SCHEME

FREE AND CONFIDENTIAL ACCESS FOR ALL NHS HIGHLAND DOCTORS

What's "mentoring" got to do with me..?

"WHAT IS MENTORING?"

"...a learning relationship which helps people to take charge of their own development, to release their potential and to achieve results which they value" Connor and Pokora 2017

"Am I..."

- *...at a point of transition?*
- *...finding my work / life balance doesn't quite fit?*

"Have I..."

- *...just taken on a new job / responsibility / area?*
- *...an idea I really want to take forward?*
- *...the desire to change something but can't see how to?*

.....Then Mentoring may help.

Doctors who've used Mentoring have found it helped them work out **THEIR** answers to these and other questions...

"WHAT HAPPENS IN A MENTORING SESSION?"

YOUR MENTOR WILL...

- ask what's going on AND really listen to you!
- help you work out the right goal for you
- will explore with you ways of achieving this goal
- enable you to develop an action plan to take forward.

YOUR MENTOR IS...

- A doctor who has undertaken mentoring training and uses a particular model that facilitates change (Egan G. 2010 The Skilled Helper)

This is a completely confidential meeting. Mentoring may consist of one meeting or take place over a number of meetings. No records are kept of the conversation(s) by the mentor. Any notes made during sessions are yours.

"WHAT NEXT?"

If you would like to ask more questions or would like to book a mentoring session please contact

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