

## NHS Elect – COVID-19 - Coaching Faculty Offer

### The NHS Elect Coaching Faculty

The NHS Elect coaching faculty was established in 2010 and has since expanded to provide a coaching to broad range of healthcare organisations. Typically, referrals to us have been for senior managers and senior clinicians with a growing array of coaching interventions which include;

- 1:1 coaching
- Team coaching e.g. directorate triumvirate teams
- Coaching skills workshops

The NHS Elect Coaching Faculty provides its clients with experienced coaches, all of whom attend coaching faculty meetings, receive regular coaching supervision and updates to their practice.

### COVID-19

In these extraordinary times we are offering access to our coaches on a virtual basis (phone or Teams/Skype etc) to individuals who might benefit from a short coaching intervention. A coach will be available every day and can be accessed by contacting Eilis Parker ([eilis@nhselect.org.uk](mailto:eilis@nhselect.org.uk)) or Darren Leech ([darren@nhselect.org.uk](mailto:darren@nhselect.org.uk)).

### The benefits of coaching

Coaching has many benefits that help individuals move forward or create positive change in their careers or organisations. Interventions can include coaching focussed on;

- Stress reduction and greater resilience
- Greater awareness of motivations
- Improved personal effectiveness
- More effectiveness on specific projects
- Greater confidence in role

### A coach/coaching can...

- Provide a confidential space for you to work through and resolve problems/challenges for yourself
- Prompt/help you to stop and reflect
- Enable your creative side
- Help you to develop options for future action(s)

### A coach/coaching cannot...

- Provide answers to all your questions or tell you what you should do
- Make your problems go away
- Always make you feel better

### The coaching 'contract'

All coaching sessions are confidential between the coachee and the coach. All clients are asked to 'contract' with their coach and your coach will discuss this with you.

**Eilis Parker, Head of Coaching Faculty, March 2020.**