

#LookingAfterYouToo: individual coaching support for primary care staff

Preparing for your coaching session

People often find it helpful to spend 5 - 10 minutes preparing for a coaching session. The intent of this form is to support you to start your thinking process and gain some clarity about how you'd like to use your session. You can choose to share it with your coach or not, it's primarily for you to use in whatever way you feel is most helpful.

What motivated you to seek a coaching session?

What feelings and thoughts that you've been having lately that it would be helpful to discuss?



Topic areas for coaching

Below is a list of potential topic areas that might be helpful to consider in deciding what you'd like your session to focus on. These are offered as a prompt to your thinking; you can talk about whatever is important to you during your coaching session.

- | | |
|---|--|
| <input type="checkbox"/> Debriefing or decompressing | <input type="checkbox"/> Adjusting to a new role or responsibilities |
| <input type="checkbox"/> Workload pressures | <input type="checkbox"/> Adjusting to a new work setting |
| <input type="checkbox"/> Home pressures | <input type="checkbox"/> Managing stress or worries |
| <input type="checkbox"/> Managing emotions and feelings | <input type="checkbox"/> Interpersonal issues |
| <input type="checkbox"/> Difficult conversations | <input type="checkbox"/> Staying positive |
| <input type="checkbox"/> Taking care of yourself | <input type="checkbox"/> Concerns for colleagues |
| <input type="checkbox"/> Meaning and purpose | <input type="checkbox"/> Thinking about the future |
| <input type="checkbox"/> Action planning (e.g., a plan for getting through this...) | <input type="checkbox"/> Anything else that you think would be helpful to talk with someone about |

What would be most useful to discuss or get clear about in your session?

What specific details about your topic are important to remember and talk about?

Do you need urgent support?

Immediate support is available at <https://people.nhs.uk/help/> if you feel this is what you need.

