

Bitesize Coaching For Our People This Winter



Bitesize Coaching is a short, focused, single 45-minute session supported by a qualified external coach to provide colleagues with the opportunity to work through a specific issue or topic to help empower you and move forward in a positive way. This can be achieved in a confidential environment where it feels safe to share vulnerabilities and issues that might otherwise inhibit progress. Our Coaches are completely independent to your organisation and anything discussed is completely confidential.

Who is it for?

It is fully funded by us and is **free to all staff working in the South East in Frontline and/or Leadership roles**, who are either employed by the NHS or working with an NHS funded employer delivering NHS funded care in clinical and non-clinical roles.

What topics can I bring to coaching?

Every coachee has their own unique challenges so people using this service will do so for a whole host of reasons, which might include the following:

- Impact of winter pressures, such as stress, overwhelmed and exhaustion
- Tensions with colleagues, stakeholders, their seniors or people they lead
- A new role, a new team or additional responsibilities
- Increasing pressure, complexity and ambiguity
- Juggling competing workloads
- Impending difficult conversations
- Uncertainty about what to do next
- Issues with confidence, impostor syndrome or managing boundaries
- Simply wanting to feel heard and understood in a non-judgemental way

How does it work?

You can register and book a coaching session [here](#). We will respond to all requests within 2 working days and offer you a 45-minute coaching session booked within 5 working days. Sessions will be delivered within normal working hours; Monday to Friday.

Coachees will be contacted a maximum of three times to book a session and if there is no response, or a suitable time cannot be agreed, the session will be withdrawn so that it can be offered to someone else.

The sessions will be delivered virtually, preferably via an online video platform, but telephone appointments are also available. You will receive a follow-up email with details of further wellness support after your coaching session.

How has this helped our colleagues so far?



"It is a really useful way to be able to discuss issues in a confidential and non-judgemental way. I found that some of the ideas were there already I just needed to be able to voice them. This is a really useful tool for leaders to be able to access"

"Although this was only a brief session I found it to be a valuable opportunity to talk about what is going on currently in my life. Not really looking for any answers but it just felt good to talk to someone who doesn't know me and without any specific agenda"

"The coaching space facilitated clarification of thought processes which were already in my head but not very well organised! The proactive approach was helpful, especially in how I would operationalise tasks"

