

Coaching for GPs

What is coaching?

Coaching is a form of development in which a coach supports you to achieve a specific personal or professional goal. They can provide training, guidance and share their experience and expertise.

Coaching is different from mentoring. Coaching focuses on specific tasks or objectives, while mentoring is focused more on general goals or overall development.

If you are a GP in Suffolk or North East Essex you can now access up to six, one hour sessions with an independent Coach. There are two coaches available; Vimmi Hayes Coaching and Professor Penny Cavenagh. Coaching is available Monday to Friday.

At any stage of your career, coaching will help you reach your goal, whether it be professional or personal. The coaches have a wealth of knowledge and many years experience.



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