

Coaching for CCS staff to build resilience

**"Coaching is unlocking a person's potential to maximise their growth,"
John Whitmore**

Coaching sessions, or a space to think, are being offered to staff across all CCS services over the telephone, Microsoft Teams or Skype.

The aim of the coaching sessions is to provide you with support to help maintain your resilience during the current challenges to deliver patient care as individuals with your colleagues and teams.

Remaining resilient throughout these challenging, constantly changing times is vitally important for our health and wellbeing. We can maintain our resilience in different ways by paying attention to our physical and mental health and maintaining positive home and work relationships. Sometimes though, we need a bit of help to stay resilient and the following offer might be just what you need right now.

Qualified coaches provide confidential, non-judgemental space to:

- Talk through work-related problems
- Challenge your mindset to overcome barriers
- Think through issues that are setting you back
- Give a different perspective
- Offer tools that will support your resilience

Sometimes it's good to talk to someone trained to listen who will notice how you are and ask questions that help you find a way forward - coaching can do that.

"My Confidence has grown just through talking through my own self-doubt and learning ways to overcome this."

[This animation](#) shows what coaching is and encourages you to see it as 'thinking space' to help you move forward.

CCS is offering short 30-60 minute telephone sessions that are confidential and are provided by trained coaches. If you'd like to book a session, please email Abbie Davis, Training Programme Coordinator, at abigail.davis6@nhs.net.