

# Return to Work Coaching and SIM Event Flyer

2022/2023

## Thrive after maternity leave: Group Coaching Course

The main concerns identified by GP mums on maternity leave are 'losing skills' and knowing 'how to juggle work and family life'.

'Thrive after maternity leave - plan a confident return to work for GPs' is a group coaching course, run by The Maternity Coach, where you can be supported by a highly experienced Coach and a small group of your peers to plan the return to work that is right for you.

This 4 week programme consists of a bespoke online course that runs alongside 1-hour virtual group coaching sessions.

The course is available for all London based GPs and London and KSS GP trainees, and has multiple start dates throughout the year. Follow this [link to register](#).

Contact [h.khaddour@nhs.net](mailto:h.khaddour@nhs.net) to find out more.

**"Thank you so much, this has been hugely beneficial. I feel so much more empowered about returning to work. We don't often get help like this in the public sector so I know how precious this is."**

**I have been off for 14 months due to sickness and mat leave and was feeling terrified about going back to work in a new Covid world. This course has not only relieved that anxiety but has made me look forward to my return and completing training."**



## Simulation Surgery: Maternity Leave

This is a supportive and interactive learning opportunity to enable you to feel confident returning to clinical practice. The sessions include role play with experienced actor patients:

- ◆ Remote consultation practice for common GP presentations, in small groups with experienced GP facilitators
- ◆ time for personal reflection, discussion and Q&A, and personal top tips for return after maternity leave
- ◆ signposting to clinical resources
- ◆ opportunity for peer networking and support.

There are SIM surgeries for GPs and GP trainees on maternity leave throughout the year. Follow this [link to register](#).

Contact [h.khaddour@nhs.net](mailto:h.khaddour@nhs.net) to find out more about the Simulated Surgery.

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## Coaching and Simulation Workshop: for those off work for health and care reasons

These remote workshops have been offered to GP trainees who have been away from practice for personal health or care reasons. They combine remotely simulated consultation practice with a reflective and empowering coaching approach to planning return to work.

Led by a team of experienced coaches and GP facilitators who have all had personal experience of health and care issues that have affected their working practice, they provide a safe space to experience peer support and gain confidence despite the felt vulnerabilities of participants.

These have now been made available for any London-based GP or GP trainee in London and KSS. Follow this [link to register](#).

Please contact [h.khaddour@nhs.net](mailto:h.khaddour@nhs.net) for more information.

**“This course is the best course I’ve ever done, I feel so thankful I was lucky enough to complete it. I have been out of clinical training for over a year, and was feeling very anxious about my return, I feel this course really improved my confidence about returning.”**

## Coaching and Simulation Workshop: for those off work for health and care reasons

Coming soon!

Bespoke group coaching for qualified GPs in London, offered by Your wellbeing doctor, GP and trained coach Amrita Sen Mukherjee.

Contact [h.khaddour@nhs.net](mailto:h.khaddour@nhs.net) to register your interest.

**“I feel the confidence boost, of knowing others are in the same position, the feedback I received on simulation, the breakdown of little steps to build resilience, is something I am unable to achieve by revising the guidelines alone. I would highly recommend this course to anyone.”**

**“My illness and situation has shown just how important and valuable a course like this is for GPs and all doctors... We doctors are human first of all and so will face the same challenges with life that our patients do. And like our patients, we stumble, we fall, we feel alone and scared - but to have a hand to help us up has a value which, for me at least, is beyond measure.”**