



NHS Professionals Academy

growing knowledge, skills and careers

Coaching Services

Coaching plays a key role in the development of capability and confidence for individuals and teams within the NHS.

We recognise the benefits of coaching to be:

- Enhances levels of self and team awareness
- Builds confidence, resilience and motivation
- Develops objectives and plans on how to achieve them
- Improved mental health

The Academy from NHS Professionals provides high-quality, cost-effective education and training solutions for NHS Trusts, Integrated Care Systems and NHS Professionals.

Our education and training services combine academic, evidence-based rigour with a pragmatic skills-based approach focused on the needs of learners.

We understand the challenges faced by staff and organisations working in healthcare today. Flexibility is key, which is why our courses are delivered by experienced NHS staff in a range of ways.



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At the Academy from NHS Professionals, we appreciate that time is precious and that you may not always have time to travel or hold a face-to-face meeting. We also understand the importance of fully understanding your individual and team needs.

To meet this challenge, NHS Professionals collaborates with Thrive Partners to deliver coaching services. Thrive's innovative on-line platform provides:

- Easy access through a portal
- Discovery sessions to fully understand the current situation and desired outcomes
- Facilitated coaching for individuals and teams and helps you develop a coaching culture
- Access to over 300 coaches with both public and private sector experience
- An opportunity for you to host internal coaches or coaches from other Trusts or ICSs
- Downloadable reports and dashboards on team or individual coaching progress

We provide coaching services in several broad areas including:

- Better Self
- Better Team
- Better Career
- Better Wellbeing
- Better at Home

**For an initial consultation to discuss your specific needs, please contact: academy@nhsprofessionals.nhs.uk
Or scan the QR code to request a callback**

