



# Coaching for Wellbeing

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Info pack

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Do you want to be more active in caring for your health and wellbeing during Covid-19, but not sure what to focus on?

Do you want to make the most of your strengths during this time, and preserve your energy as much as possible?

Are you supporting other colleagues

or team members during the Covid-19 pandemic?

If the answer to any one of these questions is “Yes” you may want to think about taking up one of the free coaching options designed specifically to support all health and social services staff in Scotland during the Covid-19 pandemic.

# What is coaching and how could it help me?

Coaching is a safe, confidential, enabling and developmental relationship which is tailored to your specific needs, style and context. Your coach will walk alongside you and support you to explore, understand and act on whatever is important for you. Coaching enables you to draw on and make the most

of your own strengths, experience, skills and resources. It will offer you a safe space to reflect on what is going on for you right now with support to explore and make positive changes.

Here are some comments from recent participants about their coaching experience:

*“Space to breathe and think and get perspective.”*

*“It was good to have someone to listen and allow me space to think about how things could be improved. Allowed me to look at situations in a more positive light rather than feeling that nothing could improve.”*

Register for wellbeing coaching at  
<https://www.knowyoumore.com/wellbeingcoaching>

## What can this service offer you?

There are two coaching options, both designed to support you with any of the issues you are facing during these challenging times and because we know that work and life are not separate there will be space to talk about personal as well as professional issues.

The coaching is delivered by qualified and experienced coaches all of whom have experience of working with and coaching health and social services staff. The coaching will take place digitally using whatever online tools work for you and your coach.

## Option 1 (90 minutes of coaching)

This is a short coaching session that is designed to support you in building your resilience, and helping you take action to improve your wellbeing.

Your coach will guide you through a process that will start by helping you make sense of what is happening for you right now. You'll then be supported to develop some self-coaching skills to recognise and manage triggers as well as identifying your existing strengths that have helped you face challenging times in the past.

[Register for coaching here +](#)

## Option 2 (180 minutes of coaching)

Like Option 1 above, Option 2 is also designed to support you in building your resilience and helping you take action to improve your wellbeing. You can also explore how you lead others through challenging times.

Your coach will first work with you to clarify what you want to focus on and the difference you intend to make for yourself through coaching. They will work alongside you to help you achieve your goal, tailoring the journey to suit you by using the process, skills and tools will support you best. There is no 'one right way' for this kind of dialogue to work. You and your coach can work together with as much or as little structure as you wish, and decide the balance of reflection and pragmatic action that suits your needs.

[Register for coaching here +](#)

Whichever option you choose you are likely to conclude your coaching with new ways of understanding yourself and your situation, clarity as to how you can play to your strengths and further strategies available to you for staying on track.

You will meet your coach online using a virtual face-to-face tool that suits you and your coach. You can divide the three hours available to you however works best to achieve your aim.

## What information will we need from you?

The coaching service will be managed by NHS Education for Scotland in partnership with Know You More a digital coaching organisation who will provide the website for you to sign up and be matched with a coach.

When you apply you will be asked to share some information about yourself to help us find the right coach for you and to help us to

assess the effectiveness of the service. All personally identifiable information will be held in strict confidence by the Coaching Service team and will not be shared with any other parties. The content of your coaching sessions will remain strictly confidential between you and your coach. More information on how your data will be handled will be available if you apply.



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# Working together

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