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## Coaching for Wellbeing – supporting you in challenging times

The Coaching for Wellbeing offer is designed to support all health and social care colleagues in Scotland.

This is a safe, confidential and supportive space to help you explore your wellbeing and resilience, and where relevant, discuss how to support others during current challenges.

The coaching is provided by qualified and experienced coaches all of whom have experience of working with and coaching those who work in health and social care services.

### More information and accessing coaching

[Coaching for Wellbeing Information Pack](#)

[Sign up for coaching support](#)

[National Wellbeing Hub](#) for more information on self-care and other support

## Previous coachees' experience in their own words



*"I'm certain the coaching experience will help me immensely in my future, and my leadership role in ensuring that I become more self-aware and work on my goals and also, more importantly, to be more aware of my weaknesses and consolidating my strengths."*

Giridhar Ravi, Specialist McMillan Physiotherapist



*"Coaching really helped to clear the fog for my professional outlook and help with guidance on how to best move forward in my career. I've got no doubt that that clarity will help not just with my present situation, but will give me something to fall back on in the future too."*

Calvin Lightbody, Consultant in Emergency Medicine



*"One of the biggest differences I think that coaching made for me as a leader was appreciate and recognise the time I needed to take for myself."*

Alyson Vale, Business and Operations Manager at Abbotsford Care

The coaching service is managed by NHS Education for Scotland in partnership with Know You More, a digital coaching organisation, who provides the online platform for you to sign up and be matched with a coach.