



GPMPLUS

Access free mentoring through GPM^{plus}

GPM^{plus} is a free mentoring service pilot for NHS Dentists, Optometrists, Pharmacists and leaders working within North Yorkshire and Humber.

The service is provided by trained mentors who all have experience of working in frontline Primary Care as Dentists, Optometrists and Pharmacists.

All of us will have had one or more informal supportive relationships at some time in our professional lives. However once we become Primary Care professionals, we often spend all our energy supporting others. This can mean that in times of challenge or transition we can be reluctant or too pressured to seek support or refreshing input.

For all of us there are times when a confidential chat with an empathetic colleague with no vested interest can make a huge positive difference and keep us in control and enthusiastic, whether we need support or a challenge to develop ourselves further. The GPM^{plus} service provides the opportunity for you to receive this support by trained colleagues. As this service is directly supported by local commissioners through pilot funding, the service is free at the point of access.

How can GPM^{plus} help you?

GPM^{plus} can help you to:

- Move forward with personal and career goals.
- Work through a problem or potential opportunity you feel you have.
- Manage transitions positively.
- Build confidence.
- Improve your work life balance.
- Build your resilience.
- Achieve your aspirations.

Individuals can access up to 8 hours of mentoring sessions to create positive steps forward.



Scan the QR code above for more information and to access this service.

Who is eligible to receive free mentoring through GPM^{plus}?

You are eligible if you are delivering NHS services within North Yorkshire & Humber as a:

- Dentist, Optometrist or Pharmacist
- Other senior/clinical staff working within Dental, Optometry and Pharmacy services, whose role includes leadership and decision making responsibilities. For example:
 - ◇ Dental Nurses
 - ◇ Dispensing Opticians
 - ◇ Pharmacy Technicians
 - ◇ Managers

If you deliver part private and part NHS services you are eligible to access the service.

GPM^{plus} can be accessed by anyone from the above list, who would like to explore ways to develop themselves, or have a career problem or opportunity they're not sure how to move forward with.

Whilst the mentoring service is aimed at supporting you professionally, we are aware that personal & professional issues intertwine, and you will have the opportunity to discuss anything you wish.

About our mentors

Our mentors are:

- Local Primary Care professionals with knowledge and experience to offer.
- Empathetic and good listeners.
- Appropriately trained and well-practised in mentoring and coaching skills.
- Continuously updating and developing their skills.
- Well supported in their role with regular supervision.
- All our mentors either have or are undertaking the internationally recognised ILM5 qualification in effective coaching and mentoring.

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Scan the QR code above to find out more about our mentors.

GPMplus is the trading name of
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