

# Peer Mentoring:

## Free Support for Everyone in Primary Care

Working in Primary Care is at best a challenge, with an increasing volume and complexity of patients, a worsening workforce crisis and not enough time to breathe.

### Overview

Our Peer Mentoring programme links a professional Mentor to provide guidance and support to a mentee, with a focus on the individual's specific needs e.g. professional development, career goals or work-life balance. The aim is to encourage autonomy and self-development to help build and maintain the mentee's own resilience and wellbeing.

**Fully funded sessions** (up to 6\*) can be arranged face-to-face or virtually at a time convenient for both Mentor and Mentee.

### Who is it for?

The Peer Mentoring programme is **for anyone working in Primary Care** – Clinical, managerial and administrative staff – in the wider practice or PCN staff.

### What topics can be discussed?

- Settling into Primary Care or returning after a break
- Work relationships and challenges
- Exploring personal and professional development opportunities e.g., career pathways, time management, managing boundaries
- Building resilience to prevent burnout issues
- Any personal or professional issue e.g., reflection on development and future opportunities

### Benefits

- Managing priorities
- Boundary setting
- Planning one's career
- More constructive work relationships
- Increasing resilience
- Improved work-life balance

### Contact

Please use this confidential email address for more information or to register your interest:

[kmicb.kmpcthmentoring@nhs.net](mailto:kmicb.kmpcthmentoring@nhs.net)

