

PEER MENTORING SERVICE

for multi-professional Primary Care workforce

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.

The Kent & Medway Primary Care Training Hub's Peer Mentoring Service is here to support all multi-professional Primary Care workforce throughout the ups and downs of their personal and professional life in complete confidence.

The service provides a one-to-one relationship between the individual and a Mentor. These Mentors are all experienced GPs, Nurses, and other healthcare professionals, trained to understand the challenges that Primary Care colleagues are facing.

Who is it for?

Peer Mentoring is for the multi-professional Primary Care workforce (clinical and non-clinical). Anyone working in Primary Care, whatever their position or seniority in the organisation, can apply for the scheme.

What topics can be discussed?

- Settling into Primary Care
- Preventing burn-out
- Exploring personal development opportunities
- Looking for advice or guidance on career choices
- Improving time management
- Any personal or professional issue

How does it work?

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

Mentors will listen and assess their Mentee's strengths, areas of improvement and objectives to help them lead their own development, plan short and long-term goals with a view to improve their personal or professional life.

*For mentees on the New to Practice Programme, up to 12 sessions a year are available.

What are the benefits of the scheme?

- Managing priorities
- Taking on or dropping additional responsibilities
- Planning one's career
- Increasing resilience
- Better work-life balance

Contact

kmicb.kmpctmentoring@nhs.net

www.kmpctraininghub.nhs.uk

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