



# Alexis Hutson

Coaching Doctors

## What I do..

I coach Doctors.

The Doctors I work with want to work privately in a one to one setting where they can explore and develop their thinking and decisions. They want their learning to be sustainable and focused on their situations. They want to do this independently of their employers or commissioners.

My clients range from new partners in general practice to senior secondary care consultants. They span from the newly qualified to those considering retirement. This is not 'remedial' coaching for those in difficulty.

This coaching will support you to:

- accelerate your chances of performing at a higher level and taking on new and interesting challenges;
- make the right choices about how to manage your career;
- become more effective at the non-clinical skills and tasks that have to be done;
- have greater personal understanding that will make it easier to live with yourself and work with others.

## About me..

I worked in the NHS for nine years and am married to a secondary care consultant. This gives me crucial insight into the service that you, as doctors, provide and the personal pressures you face.

It is important to me to make a valuable contribution to society and I choose to do this by working with doctors, who have a direct impact on the health and wellbeing of others.

My work gives me great satisfaction — and gives my clients great results.

## Packages..

All coaching packages are tailor-made to suit individual goals and circumstances.

I understand that time is difficult. So I will work with you to figure out the best time and place to meet, be that at your place of work or on the phone.

Visit the website to see the options.

## Testimonials..

“As a result of my sessions with Alexis I feel more confident in myself (a revelation after 15yrs of clinical practice!) and much more able to not only accept, but play to my strengths. I also feel that I have been given a ‘survival toolkit’ which I can use in the future too.” **General Practitioner**

“Alexis has that rare quality of listening not only to the words you are saying but also the nuances. She is able to analyse and effectively summarise. But she does not force her opinion on you; the conclusions you draw are your own. She facilitates the process and it is all the more powerful for that. The solutions are your own and you feel more empowered to make the changes you feel are necessary. She gives you the time and space to introspect, which is something of a luxury for most doctors.” **Secondary Care Consultant**

“This is the one thing that I have done in the last ten years that has positively changed my work, practice and relationships.” **General Practitioner**

“I would highly recommend coaching sessions with Alexis. I am so much clearer in my mind with regards my professional ambitions, the means to achieve them and the personal sacrifices I am prepared to make for those ambitions. I am already spending more time with my family! It is an excellent opportunity for introspection and taking stock. She gives you the time, space and her undivided attention.” **Secondary Care Consultant**

0754 0593476

<http://www.alexishutson.com>