



Alexis Hutson offers one to one coaching and mentoring to help Doctors succeed in their non-clinical areas and achieve their full career potential. Typical areas of development include:

- **Personal performance**
- **Skills & Task Management**
- **Career planning and development**
- **Leadership & Management**

Located centrally in the Midlands, Alexis is working with Doctors of all grades. She holds a Diploma in Professional Coach-mentoring (Oxford Coach Mentoring School) and is a member of the European Mentoring and Coaching Council.

Senior Doctors

As a senior doctor the demands on your time and attention are significant. Prioritising your clinical commitments against your leadership and management responsibilities is tough and most of you don't get any training for the non-clinical skills you need. I help clinical leaders review and reflect upon their leadership & management strengths and weaknesses and work with them to build skill and confidence.

Typically we work to:

- Build awareness and insight into behaviours and motivations
- Develop a deeper understanding of relationship management
- Improve conflict management and handling difficult colleagues
- Access research and data on emotional intelligence and personality types
- Plan for personal development and goals that are specific and relevant

"I knew that there were areas of work which frustrated me and managerial situations in which I was less effective than I wanted to be. I had started to passively steer my professional time to aspects of the job which I found more comfortable. Conscious that this might prevent me from grasping opportunities to take on rewarding and worthwhile projects at work I asked Alexis to help me with one such project."
Hospital 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

Junior Doctors

Successfully completing your specialty training is a hard slog, but getting a permanent position and making the transition to a senior position are really tough. I help junior Doctors plan their job search and interview performance. I also support people through the transitional stage of becoming a senior Doctor and settling into a new team. Clients often described this as the single most challenging point in their career.

Typically we work to:

- Identify your strengths and weaknesses in key areas
- Build a development plan to suit you
- Use networking effectively
- Understand your personal preferences
- Plan for the internal politics
- Review your team role

"When I stepped through that CCT curtain, I expected so much. I'd worked so hard, for so long. I never expected my first year to be the start of another learning curve!" Newly appointed Consultant.

"As a result of my sessions with Alexis I feel more confident in 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 very quickly picked up on my lack of self confidence & we explored what drives this – i.e. 'my fear of being found out in terms of not being as good as everyone else'. Alexis doesn't give you the answers, she helps you find them." General Practitioner

