



Alexis Hutson

Coaching Doctors

NEW
Programmes

Three New Coaching Programmes..

There are some common themes that many of my clients wish to focus on. Whilst the individual contexts are always different, I've decided to launch this brand new set of three coaching programmes that have been designed for people who want to target their learning on one of these subjects:

Managing Conflict

Managing Time

Effective Communications

Coaching on one of these themes will give you the opportunity to review, assess and improve your competency in these areas. Together we will identify your goal, assess your preferences and working styles, and use your professional situation to design new tactics and test them out.

1. Managing Conflict

Using the TKI™ (Thomas-Kilmann conflict mode Instrument) this programme will help you identify which of the 5 different conflict positions you mostly use and which you need to employ more often.

You will develop the skills to deal with conflict more rationally and objectively and the coaching will give you time to think and reflect on live situations that you need to handle better now.

2. Managing Time

Using the MBTI™ (Myers Briggs Type Indicator) this programme will help you learn better ways to cope with the volume of work, including how to prioritise, delegate and say no to some tasks.

By assessing your preferences and reviewing how you manage your time, we will develop new strategies so you feel better prepared and more in control of your working life.

3. Effective Communications

Using the JCA EI (emotional intelligence profile report) will give you insight into how you manage yourself and your relationships. This has a direct impact on your communication style and therefore how effective it is.

This programme will develop your skills in delivering more effective communications to different people or groups.

Each Programme includes..

- 1 x test and feedback session (e.g. TKI, MBTI or EI)
- 3 x one-to-one coaching sessions lasting approx 90minutes
- Post coaching session summary to aid your reflection
- Programme learning resources

Cost of each programme: £350

"This is the one thing that I have done in the last ten years that has positively changed my work, practice and relationships." GP.

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