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**Looking After Your Career – confidential coaching for the primary care workforce**

[**https://www.england.nhs.uk/looking-after-your-career**](https://www.england.nhs.uk/looking-after-your-career)

**LONG COPY (165 words)**

**Take control over your career – confidential coaching**
This [new coaching service](https://www.england.nhs.uk/supporting-our-nhs-people/support-now/looking-after-you-confidential-coaching-and-support-for-the-primary-care-workforce/looking-after-your-career/) can support you to take practical steps over your career direction and to proactively advance it. Whether you're thinking about what you want from your current role or if you want to explore new opportunities within primary care, investing some time with a coach can be a helpful thing to do.

Your coach will provide individually tailored support and will not have an agenda, they will listen and help you to think through what is right for you.

What might you discuss?

* thinking through career decisions, options and choices
* talking about current career dilemmas
* exploring future career pathways
* making strategic plans for the future
* preparing for interviews and opportunities
* discussing a potential change in career focus
* developing more meaning or purpose in current roles.

All coaching is free and confidential and is available to all staff working in the delivery of primary care services. Sessions are available Monday to Saturday. Please share this offer and our [other coaching support](https://www.england.nhs.uk/supporting-our-nhs-people/support-now/looking-after-you-confidential-coaching-and-support-for-the-primary-care-workforce/looking-after-your-career/) with colleagues.

**MEDIUM COPY (130 words)**

**Take control over your career – confidential coaching**

If you're thinking about your career and what you want from your current role, investing some time with a coach can be a very helpful thing to do.

[Looking After Your Career](https://www.england.nhs.uk/supporting-our-nhs-people/support-now/looking-after-you-confidential-coaching-and-support-for-the-primary-care-workforce/looking-after-your-career/) is a new coaching service for anyone working in primary care. Experienced coaches will support you to take practical steps over your career direction and to proactively advance it. Conversations may include:

* exploring future career pathways
* preparing for interviews and opportunities
* developing more meaning or purpose in current roles.

This offer is part of the [‘Looking After You’ coaching series](https://www.england.nhs.uk/supporting-our-nhs-people/support-now/looking-after-you-confidential-coaching-and-support-for-the-primary-care-workforce/looking-after-your-career/), which includes individual wellbeing support and a service for those who lead and manage teams. Book sessions at a date and time that suits you. Thank you for looking after yourself whilst you continue to look after others.

**SHORT COPY (105 words)**

**Take control over your career – confidential coaching**

This [new coaching service](https://www.england.nhs.uk/supporting-our-nhs-people/support-now/looking-after-you-confidential-coaching-and-support-for-the-primary-care-workforce/looking-after-your-career/) can support you to take practical steps over your career direction and to proactively advance it. Whether you're thinking about what you want from your current role or if you want to explore new opportunities within primary care, investing some time with a coach can be a helpful thing to do.

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**Feedback from those who have benefitted from the career coaching so far:**

*“Helped me to start being more focused in what I do and don't want to do going forward."*

*“Really helpful session and a really enjoyable experience - relaxed interaction and a good plan to follow-up before next time. Thank you.”*

*“The best coach I've ever had, his help and guidance has got me through a tremendously difficult period in my life.”*

 **Other coaching offers**

**Looking After You Too –** coaching about you and your wellbeing[**https://www.england.nhs.uk/looking-after-you-too**](https://www.england.nhs.uk/looking-after-you-too)

**Looking After Your Team –** coaching about you and your wellbeing

[**https://www.england.nhs.uk/looking-after-your-team**](https://www.england.nhs.uk/looking-after-your-team)