



## PRACTICE 1-2-1 AND GROUP SUPPORT

### 1-2-1 COACHING AND MENTORING

Coaching and mentoring can benefit you and your organisation in many ways;  
Help to make improvements to your work life balance  
Allow you to manage transitions to new roles or new ways of working, positively  
Help to develop positive working practices  
Improve resilience and ability to return to work after a period of stress  
Help in achieving your aspirations  
Improve your motivation  
Develop & enhance your leadership skills  
Build your confidence

Our trained coaches can support you to make positive steps forward in your career and personal life. These sessions are currently held via MS Teams or Zoom at a time to suit you.

This service is available free of charge for Somerset Practice Managers, Deputies and Operational Leads for up to 4 sessions per individual.  
(Please note that there are limited spaces available.)

To access or find out more about this free service, contact us at  
[yvonne@astara-coaching.co.uk](mailto:yvonne@astara-coaching.co.uk)

***Please note that this service is completely confidential.***