*GP Career Plus*

***The aims of GP Career Plus***

* Facilitate development of new skills and ways of thinking about the challenges life throws at you.
* Leave you feeling happier with work and life generally.
* The opportunity to network with colleagues in a supportive environment building lasting friendships.

***The programme***

Ten 3-hour financially supported peer sessions during work hours spread over 6 months. The group sets its own agenda as it goes along so you cover the things which matter to you. Sessions are facilitated face to face at Monk’s Yard, Horton’s Cross. There is access to a variety of resources and experts.

***The people***

GP Career Plus is for any qualified GP who is not part of the “new to practice fellowship”. Past participants have included GPs at most career stages. People currently out of the workforce/on a career break are also welcome including those with ill health, parental leave, considering retiring/leaving.

***The request***

Attend meetings wherever possible, respect/support each other. Relax and enjoy some time out with no pressure and no interruptions in a private hired room.

***The feedback***

“It gave me a new perspective on the options available to me as a GP”

“I realised for the first time that I wasn’t alone and could openly share my story with people who understood”

***The next step***

If you think you may be interested, then please contact [sphadmin@nhs.net](mailto:sphadmin@nhs.net) for more information.