



## Coaching for Wellbeing – supporting you and your morale

- Do you want to be more active in caring for your health and wellbeing, but not sure what to focus on?
- Do you want to make the most of your strengths during this time, and build your resilience?
- Are you supporting other colleagues or team members during the pandemic?

If the answer to any one of these questions is “Yes” you might benefit from the free coaching offer designed specifically to support all health and social care colleagues in Scotland.

The coaching is delivered by qualified and experienced coaches all of whom have experience of working with and coaching those who work in health and social care services.

### Previous coachees’ experience in their own words

<https://vimeo.com/showcase/8949989>:



### More information and accessing coaching

Coaching for Wellbeing Information Pack <https://wellbeinghub.scot/wp-content/uploads/2020/12/Coaching-for-Wellbeing-Information-Pack.pdf>

Sign up for coaching support <https://www.knowyoumore.com/coaching-for-wellbeing>

More information on self-care and other support <https://wellbeinghub.scot/>

The coaching service is managed by NHS Education for Scotland in partnership with Know You More, a digital coaching organisation, who provides the online platform for you to sign up and be matched with a coach.