

# INFORMATION ABOUT COACHING AND MENTORING CONSULTANTS



As well as being established authors in the field of mentoring, we have an extensive track record of mentoring training in the NHS, throughout the UK, over more than two decades. Amongst our clients are Royal Colleges, Deaneries, NHS Trusts and professional groups. Programmes have been organised for both multi-disciplinary and single specialty groups, and also have been tailored for specific groups, such as those supporting clinicians in difficulty, and vocational trainers.

**Dr Mary Connor** is an independent consultant, mentor, coach, trainer, supervisor and author, with extensive experience of developing mentoring in the NHS through work with Deaneries, Royal Colleges and Trusts.

**Dr Marie Johnson** works as an independent consultant in the fields of career and management development, and is an honorary fellow in the School of Medicine and Health, Durham University.

**Julia Pokora** has many years' consultancy experience in the NHS and elsewhere. She has designed and delivered numerous leadership, professional development, coaching and mentoring programmes and is co-author of *Coaching & Mentoring at Work*, 2012.

## HOW TO APPLY

To apply for a place please complete the form on the reverse and return to the AAGBI Events Team.

*If the course is over-subscribed we will put your name on a waiting list.*

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Further information and questions:

**Email: [meetings@aagbi.org](mailto:meetings@aagbi.org) or call the AAGBI Events Team on 020 7631 8862/04**

### Future mentoring opportunities through the AAGBI

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The AAGBI aims to develop a national network of trained mentors. Course participants will be offered the opportunity to join the new team of AAGBI mentors who will be involved in offering 'taster' sessions to participants at AAGBI meetings (Annual Congress, GAT Annual Conference and Winter Scientific Meeting). They will also be encouraged to establish the use of mentoring in their local areas. With this aim in mind we are keen to ensure that course participants come from different geographical areas around the UK and Ireland.



The Association of Anaesthetists of Great Britain & Ireland,  
21 Portland Place, London, W1B 1PY, UK

THE ASSOCIATION OF ANAESTHETISTS OF GREAT BRITAIN & IRELAND

# AAGBI

# MENTORING



## AAGBI with Coaching & Mentoring Consultants - 4 Day Mentoring Course

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Dates: 15 & 16 March, 13 April, 11 May 2016  
Venue: 21 Portland Place, London

*A new initiative from the AAGBI in partnership with a nationally recognised team of trainers*

[www.aagbi.org](http://www.aagbi.org)



**AAGBI**  
FOUNDATION

Association of Anaesthetists of Great Britain and Ireland

# INTRODUCING MENTORING



There are many definitions of mentoring from the very brief 'a learning relationship', to 'helping people to take charge of their own development, release their potential and achieve results that they value' and 'helping someone become better at helping themselves'. Mentors may have several roles, including sounding board, critical friend, facilitator, networker, coach and role model.

Using a mentor helps our own professional development, encouraging better working relationships, problem solving abilities, collegiality and job satisfaction. It's helpful at all stages of our careers, from medical school to planning retirement, and particularly at time of change.

**The GMC recommends that 'You should seek out a mentor whenever your role changes significantly throughout your career'.**

The AAGBI is developing a mentoring network, establishing a team of trained mentors who can use their skills with colleagues in their own departments and in the wider organisation, and support colleagues with mentoring 'taster sessions' at AAGBI conferences.

The AAGBI mentoring network will help individual professional development, team working and ultimately patient safety. We look forward to welcoming you to the AAGBI at 21 Portland Place for an engaging and productive course.

*Best Wishes*

**Nancy Redfern**  
AAGBI Mentoring Lead

## COURSE INFORMATION

### A new initiative from the AAGBI in partnership with a nationally recognised team of trainers

This practical four day programme focuses on developing mentoring skills suitable for use in a range of leadership and clinical situations, for example with trainees, staff, colleagues and patients. The course relates to GMC Domain 1: Knowledge, skills and performance and Domain 3: Communication, partnership and teamwork.

#### Programme aims to:

- Define mentoring and enable participants to understand the benefits
- Develop a working knowledge of a framework for mentoring: The Skilled Helper model (Egan, 2010)
- Develop mentoring skills
- Introduce different mentoring styles
- Explore ethical issues as well as practical applications of mentoring at work
- Lay the foundations for the development of a mentoring scheme

#### 4 day programme content

The programme works through three stages of mentoring, highlighting the skills that underpin effective practice. Feedback from experienced facilitators during skill practice sessions supports participants to develop mentoring skills. Practical and professional issues arising from coaching and mentoring in the workplace are discussed and participants are encouraged to plan how they will take forward mentoring at work in their leadership and clinical roles.

#### Programme handbook

All participants will receive *Coaching and Mentoring at Work: Developing Effective Practice*, written by two of the course tutors, Mary Connor and Julia Pokora, this is a best selling text and in its second edition (McGraw Hill, 2012). Each will also receive a course workbook tailored to the programme.

#### Teaching methodology

A mixture of taught inputs, demonstration by tutors, small group skills practice, group discussions, and pairs work. Participants spend a significant proportion of time practising skills. They work in trios with a facilitator, learning from the three roles of mentor, mentee, and observer. Participants bring real issues to discuss in the mentee role, there is no 'role playing'. Reflective practice is encouraged between taught sessions, as is engaging in supervision or peer support activities.

#### Course requirements

Participants will be required to attend all 4 days of the course. Sessions will be: 09.30 - 17.00, except on the first day when the finish time is 18.00.

**The programme has been arranged so that between course dates participants will undertake to do appropriate mentoring practice (one or two sessions) and to reflect on this experience with others on the course.**

#### Course Fees

AAGBI Members rate (for all 4 days) - £595  
Non-Members (for all 4 days) – £1,100  
Lunch and refreshments will be provided. There will also be a complimentary drinks reception on 15 March.

#### Course venue

The course will be held at the AAGBI's central London Grade II listed building at 21 Portland Place, London, W1B 1PY. Convenient for all mainline train stations and tube transport.

#### Course certificates and CPD

All course participants will receive a certificate of completion for CPD and Revalidation.\* Advice will be provided for those who may wish to continue to further mentoring study and possible qualifications, accreditation or membership of the European Mentoring & Coaching Council (EMCC).

\*5 CPD points per day

## Mentoring Training Booking form

Please complete your details in **BLOCK CAPITALS**:

Title:	Forename(s):	Surname:
AAGBI Membership Number:		
Date of Birth:	Gender: Male/Female	
Correspondence address:		
		Postcode:
Email:		
*Mobile:	*Home Phone:	
Hospital Name:	*Hospital Phone:	

\*Please include local area and international dialling codes as applicable.

I can confirm I am able to attend all four days of the course (essential)

This course is self funded

This course is being paid for by my trust

I am an AAGBI member and will be paying the subsidised rate of £595 for the course

I am not an AAGBI member and will be paying £1,100 for the course

Please comment if you have any previous experience with mentoring:

**Payment method (please tick as appropriate)** - We do not accept American Express

Visa  MasterCard  Switch/Maestro  Cheque

Account name on card:															
Amount:															
Card No.															
Start date:								Expiry date:							
Three digit security code:								Issue Number (Switch only)							

*Please note: We are unable to accept card details via email*

**To be signed by the applicant:**

Signed: \_\_\_\_\_ Date: \_\_\_\_\_