



# The One-to-One Coaching Package for Healthcare Professionals

There are times in our lives when we can't see the wood for the trees.

We know something needs to change but we can't work out what it is.

What's more, we are so busy surviving our present that we have no time at all to think properly about what we really want, what needs to change, or what is even possible.

## **Does any of this sound familiar?**

- You feel tired and on the edge of burnout, looking for a 'way out' of entrenched ways of working or thinking.
- You feel like you've run out of resources to cope with the day job, and you can't imagine how you'll find the energy to be proactive and take the actions you know you need to take.
- You doubt your own ability and worry that you don't really know what's best for YOU.
- You worry that you haven't got what it takes to thrive in your current role, or you may lack confidence, or experience 'imposter syndrome' and wish that you could increase your influence and impact.
- Or you may just be longing for a change – but you have no idea what's out there, or what you COULD do with the skills which you have.

If any of the above feels like you, we're here to help.

**It IS possible to craft a life in which you feel calm and happy and wake up excited to go to work.**

**It IS possible to get control of your time and workload and look after yourself in the way you'd like to look after your patients.**

**It IS possible to develop your career and craft your job role, even if you don't want to leave.**

Dr Rachel Morris and her team of Executive Shapes Coaches know what it's like to be one crisis away from not coping, to feel dissatisfied with life and on the edge of burnout,



and have helped countless healthcare professionals find their way when it feels impossible to survive the day job, let alone thrive in life.

This coaching package will help you feel calmer, make better decisions, and thrive in work AND life.

## What's Included:

- **Your Personal In-depth Discovery Call:** A powerful 40-minute 'discovery call' with a Shapes Coach to make sure you & your coach are 'a good fit' & get clarity on the issues at hand. Discuss what you'd like to achieve by the coaching, with key intentions and confirm if you're happy to go ahead with that particular coach.
- **1:1 Sessions:** 3 x 1-hour online sessions of one-to-one tailored coaching with your Shapes Coach who specialises in coaching healthcare professionals for resilience and well-being. The coaching sessions are usually held between 2 and 6 weeks apart, depending on your need & agreement.
- **NEW: 1 Year's Membership:** Plus 1 year's membership to the NEW Shapes Academy presented by Dr Rachel Morris.

## Your Annual Shapes Academy Membership Includes ( \*Retail Price £597pa)

1. **1 x Monthly 90 Min Masterclass.** Live, online sessions where you'll get some expert content and group coaching around a particular topic; share your experience in breakout rooms; ask questions and apply what you've learned to real-life contexts. This kind of applied integration of your skills is incredibly powerful. If you can't make it you can watch or listen to a recording of it afterwards.
2. **1x Monthly Bite-size Training Video & Guided Exercise:** As well as your masterclass training, mid-month we will also offer you a bite-size coaching video with a quick, yet powerful exercise you can use right away to support the changes you want to make.
3. **Exclusive Community For Daily Support:** Our easily accessible private community is on WhatsApp, so you can drop in to get your questions - answered, for extra support from Rachel & the team, or simply to connect with people who really "get" what you are going through and can help you get back on track - straight from your phone.



4. **Easily accessible online resource membership-only library:** (via your phone or computer): including videos, worksheets and activities based on our evidence-based coaching framework, The Shapes ToolKit.
5. **The Stressless Dashboard E-Book by Dr Rachel Morris:** This is packed with simple and practical ways to rocket-fuel your well-being - with minimal effort. In it, Rachel shares everything she's learnt about well-being through the You Are Not a Frog podcast, her work as a GP and through supporting hundreds of healthcare professionals over the last few years.
6. **5 Ways To Avoid Burnout:** This ebook will guide you through the 5 keys behaviours to stop yourself from heading towards burnout

#### **Plus BONUS:**

#### **The Beat Stress & Thrive (Bitesize) Training Programme: ( Retail Price: £280)**

Six hours of powerful recorded coaching covering a series of topics related to improving well-being with leading experts plus techniques to help you send stress packing and thrive!

## How much does it cost?

The cost is £1499 (including VAT)

For more information, please contact us at:

[Admin@shapestoolkit.com](mailto:Admin@shapestoolkit.com)

## Additional Information For Coaching Clients

### How would the coaching work?

We would hold an initial free 30-minute discovery chat where we will agree on the objectives and proposed outcomes for the coaching. Following this, we will book the sessions.

The coaching would consist of three sessions which normally last 1 hour. The coaching will be online via Zoom. Usually, we leave 4-6 weeks in between each session to allow



you to spend time on your actions, however, if a faster transition is needed, we could arrange a session every 2-3 weeks. We can coach between the hours of 9 am – 6 pm.

### What will the outcomes be?

We will work with you to help you achieve your objectives, we will help you structure your thinking and use some tools and techniques that will help unlock your thinking and your potential, we expect you to participate in The Shapes Academy alongside your coaching sessions, however, all the content will come from you – you are the only person who is an expert in what you need!

You are responsible for your own achievements and success. We cannot promise that you will take any specific action or attain specific goals.

### Is the coaching confidential?

The coaching conversation will be confidential. We will only share content at your request and with your permission, or if I am seriously concerned about any illegal or unethical behaviour in which case, we will tell you before we disclose anything

In my coaching, we follow the EMCC code of ethics

<https://www.emccouncil.org/quality/ethics/>

We do not provide counselling or therapy.

## Terms and Conditions

- Full payment in advance is required.
- Currently coaching is delivered via Zoom
- If you need to rearrange a session that is fine – as long as we have 7 days' notice. Where a session is cancelled by you with less than 7 days' notice, we may not be able to re-organise the session.
- Coaching sessions will be booked and arranged with your individual Shapes Coach, we will put you in touch with the coach when you purchase the package
- If after the initial 30-minute call, you'd like to have a different coach, just get in touch and let us know and we'll arrange this for you.