



Wellbeing coaching

The COVID-19 pandemic has placed numerous challenges on staff wellbeing, and adjusting to different ways of working and supporting others can lead to us feeling stressed. To support Trust colleagues to manage these challenges, the Wellbeing Team is continuing to offer 30-minute wellbeing coaching calls. These appointments offer a chance to discuss wellbeing, find solutions to challenges, learn where you can get further support and have a quality chat and feel connected.

To book, click on the links below to find a time and date that best suits you. You can then select the specific slot that works best for you and enter your details. At the time you have booked, the named member of the team will give you a call on the number you provide. You'll also get a reminder email from Eventbrite. We also have longer sessions with qualified coaches from the Derbyshire Coaching Network. If you'd be interested in these, please contact dchst.derbyshirecoachingnetwork@nhs.net to arrange a suitable coach and time.

Coach	Biography
Jamie Broadley	Staff Wellbeing Lead Jamie has worked in a variety of psychology settings in the NHS. He has a Masters in health psychology and a background in professional sport - creating his passion for the intersection between wellbeing and performance. For appointments click here
Ruth Bailey	Staff Wellbeing Officer Ruth is a former professional ballet dancer who also has a degree in nutrition, diet and lifestyle, coupled with experience in the private healthcare sector. For appointments click here
Pippa Short	Staff Wellbeing Officer Pippa's background covers all aspects of the staff journey, particularly supporting staff through the recruitment process and change. For appointments click here .
Sarah Osborn	Staff Wellbeing Project Officer Sarah has worked in a variety of counselling and psychology settings within the NHS. Sarah has a degree and masters in psychology and a diploma in integrative counselling and psychotherapy. Sarah is on a secondment with the Staff Wellbeing Team and has an interest in staff wellbeing and mental health. For appointments click here
Alison Stefan	Community Occupational Therapist Alison has worked in several community teams within DCHS. She is currently spending some time with the Staff Wellbeing team. Alison is offering coaching sessions to people who, like her, are shielding at home. For appointments click here