

Provider Introductions

A young female healthcare professional in blue scrubs with a stethoscope, smiling and writing on a clipboard in a clinical setting. The background is blurred, showing other people in a hospital or clinic.

Developing people
for health and
healthcare

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Westwood Coaching



Health Education England

Westwood Coaching has been involved in providing support to trainees in medical and dental specialisms since 2016. We have provided this support in both the East and West Midlands and have a team of very experienced coaches that deliver this work across these regions.

We have a lot of experience of supporting hospital based specialisms as well as General Practice trainees and dental trainees. Our work tends to focus on helping trainees progress with their training having experienced issues with examinations, work place based assessments or other workplace based issues. Our work can involve helping trainees to deal with a range of issues, from time management and personal organisation to confidence and anxiety (where they have failed exams). We have worked with trainees from a very diverse range of backgrounds and experiences and being able to work inclusively is very important to us.

We are able to take referrals immediately – many of our coaches are known to the PSW, so they have a good idea of our capabilities. Aside from any constraints around funding, we have good capability and capacity to meet demand for coaching support throughout the East Midlands region.

The Learning Support Centre

The study support sessions we can offer aim to build both resilience and confidence in our clients to best equip our clients with progression into their chosen profession. The attached *scheme of work gives an overview of some of the practical areas we work on with clients. I have also attached some of our current student feedback. The sessions are tailored to the individuals needs identified by the client or your team.

We can offer targeted and solution based 121 or group study skills sessions to ensure trainees overcome any difficulties in progressing with their course. Our core business is providing revision and exam strategies, time management strategies and developing communication skills in people studying at undergraduate and postgraduate level, with our specialism being in supporting trainees with Specific Learning Difference (SpLDs), Learning Difficulties and mental health difficulties.

* Will be shared

Pro Counselling



Health Education England

PRO-COUNSELLING LTD is an Employee Assistance Programme (EAP) provider that supports companies look after the mental health and wellbeing of their employees via an online portal of qualified counsellors on hand 24/7.

We work with an extensive network of counsellors, all based in the UK and qualified under the British standards, to provide telephone, online and face-to-face counselling support to employees in a wide range of personal and work-related issues.

Primed for Practice



Health Education England

‘PERFECT DAY’ promotes a self-regulated approach to learning (based on Sanders & Cleary’s model) focussing predominantly on its use in GP consultations. As such it is most useful for trainees preparing or struggling with the CSA but the principles can be used to support other trainees too.

The conventional model for PERFECT DAY sessions uses simulated face to face consultations which are clearly not possible in the current climate. However I have proposed a modified model that can be delivered virtually, requiring the trainee to undertake some ‘course work’ prior to a follow-up session. Subject to this being approved contractually then I could start delivering this model within the next two weeks (lead time needed to modify materials etc) and confirm that I currently have capacity for new referrals.

Genius Within



Health Education England

Genius Within CIC is a social enterprise established in 2011 to help people with neurodiversity to fulfill their potential in employment and their careers.

For Health Education England East Midlands, Genius Within offers an online screening assessment to highlight any neuro diversity patterns, offers a screening call to discuss the findings of the online assessment and a full diagnostic assessment with a psychologist to explore further neuro diversity and what that means to the individual.

Genius Within also offers one to one coaching to help individuals understand their neurodiversity, work to their strengths and learn to manage through supportive one to one sessions.

Occupational Health



Health Education England

Occupational Health Consultants, Dr Anne de Bono and Dr Ian Aston work with Health Education England East Midlands to provide independent and impartial recommendations to junior doctors and dentists referred to their service.

The occupational physician will give an independent assessment of the practitioner's health, the impact of any illness on work, the impact of work on health, & fitness for work and postgraduate medical training.

The physician will advise Health Education England East Midlands, and the practitioner about all of these issues and will advise on adjustments which may help the practitioner remain in work or return to work.