

# Professional Support and Wellbeing Service

Thames Valley

## Bulletin April 2022

- [Welcome](#)
- [PSWS Trainee Wellbeing Event](#)
- [What is coaching?](#)
- [PSWS Workshops](#)
- [New Mindfulness Programme](#)
- [Trainee-Curated Wellbeing Resource Hub](#)
- [Accessing PSWS](#)

## CONTACT



### WEBSITE:

[thamesvalley.hee.nhs.uk/resources-information/professional-support-wellbeing](https://thamesvalley.hee.nhs.uk/resources-information/professional-support-wellbeing)

EMAIL: [psw.tv@hee.nhs.uk](mailto:psw.tv@hee.nhs.uk)

TRAINEE-CURATED WELLBEING

RESOURCE HUB: [www.tvpsw.com](http://www.tvpsw.com)

## Welcome

Welcome to the Professional Support and Wellbeing Service bulletin. The PSWS works with doctors, dentists and pharmacists in training in the Thames Valley deanery. We are a **team of experienced, qualified coaches** from a **range of backgrounds**, some clinical and some non-clinical, offering a range of supportive services.

## PSWS Trainee Wellbeing Event

The first regional [Trainee Wellbeing Event](#) took place this Monday, 28<sup>th</sup> March, at the Holiday Inn, in Oxford.

The 5 posters shortlisted for the Regional Trainee Wellbeing Project competition were presented to attendees. Congratulations to **Dr Sarah Hudson, Dr Laura Oakley, Dr Linden Baxter, Dr Kate Grance, & Dr Haido Vlachos** for winning first prize with their project 'Psychologically Aware Conversation Training'. You can check the posters [here](#).

We also had the privilege of hearing from former O&G trainee, writer and comedian **Adam Kay**. Finally, participants attended 2 wellbeing workshops, including yoga, mindfulness, and training work-life balance.



Dr Linden Baxter & Dr Kate Grance receiving the poster prize with Adam Kay

# Professional Support and Wellbeing Service

Thames Valley

## Bulletin April 2022

- [Welcome](#)
- [PSWS Trainee Wellbeing Event](#)
- [What is coaching?](#)
- [PSWS Workshops](#)
- [New Mindfulness Programme](#)
- [Trainee-Curated Wellbeing Resource Hub](#)
- [Accessing PSWS](#)

## CONTACT



### WEBSITE:

[thamesvalley.hee.nhs.uk/resources-information/professional-support-wellbeing](https://thamesvalley.hee.nhs.uk/resources-information/professional-support-wellbeing)

EMAIL: [psw.tv@hee.nhs.uk](mailto:psw.tv@hee.nhs.uk)

### TRAINEE-CURATED WELLBEING

RESOURCE HUB: [www.tvpsw.com](http://www.tvpsw.com)

## What is coaching?

Trainees and trainers are sometimes unsure about what coaching is and how that can help trainees. This is PSWS' core activity and we wanted to explain how this can be useful for you. We also include some feedback we received from Thames Valley trainees.

---

*"I wish I had self-referred earlier in my career but was under the impression it was for trainees in trouble and didn't identify as that. I didn't realise that actually I could do better with their support."*

---

***Coaching involves the belief that the individual has the answers to their own problems within them.***

Coaching aims to improve performance and focuses on the 'here and now' rather than the distant past or future. It works with explicit and mutually agreed objectives.

You will explore this collaboratively with your coach during and in between sessions. The coach will support through this journey of finding your own solutions to the problems and challenges you bring to discussion.

---

*"My coach gave me a safe, supportive, non-judgmental space to talk about my career. She asked insightful questions and gave me helpful exercises to do in-between sessions; she also was flexible and fit around what I needed."*

---

The coach is not a subject expert, but rather is focused on helping the trainee unlock their own potential. The focus is very much on the individual and what is inside their head.

You can find out more about our coaches in our dedicated [website page](#).

# Professional Support and Wellbeing Service

## Thames Valley

### Bulletin April 2022

- [Welcome](#)
- [PSWS Trainee Wellbeing Event](#)
- [What is coaching?](#)
- [PSWS Workshops](#)
- [New Mindfulness Programme](#)
- [Trainee-Curated Wellbeing Resource Hub](#)
- [Accessing PSWS](#)

## CONTACT



### WEBSITE:

[thamesvalley.hee.nhs.uk/resources-information/professional-support-wellbeing](https://thamesvalley.hee.nhs.uk/resources-information/professional-support-wellbeing)

EMAIL: [psw.tv@hee.nhs.uk](mailto:psw.tv@hee.nhs.uk)

TRAINEE-CURATED WELLBEING

RESOURCE HUB: [www.tvpsw.com](http://www.tvpsw.com)

## PSWS Workshops

### May 2022

#### **Managing high stress events**

*Friday, 6<sup>th</sup> May, 9.00am - 11.00am*

This workshop will help you explore your personal fight, flight and freeze responses, both in the moment they happen and in their aftermath.

#### **Looking confident, feeling confident**

*Thursday, 19<sup>th</sup> May, 9.00am - 11.00am*

This workshop will explore the challenges of the impostor syndrome and assertiveness within a framework of internal and external confidence.

#### **Preparing for Viva exams**

*Wednesday, 25<sup>th</sup> May, 4.00pm - 6.00pm*

This interactive workshop will prepare you to deliver clear and confident answers in Viva exams.

### June 2022

#### **Leadership for Foundation and Core Trainees**

*Wednesday, 15<sup>th</sup> June, 9.00am - 11.00am*

This workshop, aimed at Foundation Doctors and Core Trainees, will explore the way that teams work and reflect on different communication styles and their impact on the role of leader.

#### **Leadership for Registrars**

*Wednesday, 22<sup>nd</sup> June, 1.00pm - 3.00pm*

The workshop, aimed at Registrars expecting to CCT in the next 2-3 years, will explore personal and cultural differences that impact the style and manner of leadership.

#### **Preparing for post CCT interviews**

*Wednesday, 29<sup>th</sup> June, 9.00am - 11.00am*

This interactive workshop will explore the knowledge and skills needed to succeed in interviews for Consultant posts or Post-CCT Fellowships.

For more information or registration please access the [PSWS events webpage](#).

## Professional Support and Wellbeing Service

Thames Valley

### Bulletin April 2022

- [Welcome](#)
- [PSWS Trainee Wellbeing Event](#)
- [What is coaching?](#)
- [PSWS Workshops](#)
- [New Mindfulness Programme](#)
- [Trainee-Curated Wellbeing Resource Hub](#)
- [Accessing PSWS](#)

## CONTACT



### WEBSITE:

[thamesvalley.hee.nhs.uk/resources-information/professional-support-wellbeing](https://thamesvalley.hee.nhs.uk/resources-information/professional-support-wellbeing)

EMAIL: [psw.tv@hee.nhs.uk](mailto:psw.tv@hee.nhs.uk)

TRAINEE-CURATED WELLBEING  
RESOURCE HUB: [www.tvpsw.com](http://www.tvpsw.com)

## New Mindfulness Programme

All trainee doctors will have access to the new Mindfulness virtual drop in sessions. These will happen on the **2nd and 4th Tuesday of each month** at **7.30pm** starting on the 26<sup>th</sup> April 2022.



*The sessions include simple guided mindfulness practices aimed at ways of finding focus and anchor and a sense of well-being in the midst of a busy or stressful life.*

For more information on our [events webpage](#). To register and receive a link for the sessions complete the sign up form [here](#).

## Trainee-Curated Wellbeing Resource Hub

PSWS also offers a [trainee-curated online hub](#) covering a range of social, emotional and physical wellbeing resources, available both locally and nationally. This is updated regularly to ensure resources remain relevant for trainees.



Trainee-Curated Wellbeing  
Resource Hub Thames Valley

This website was set up following feedback from trainees saying that they often found it difficult to navigate the multiple resources on offer. It complements the HEE Thames Valley PSWS website.

There you can also find more information about the [Trainees4Trainees \(T4T\)](#), a Thames Valley trainee-led project which aims to facilitate **Peer Support Groups** by trainees, for trainees. Trainees can self-refer using the [T4T sign up form](#).

# Professional Support and Wellbeing Service

Thames Valley

## Bulletin April 2022

- [Welcome](#)
- [PSWS Trainee Wellbeing Event](#)
- [What is coaching?](#)
- [PSWS Workshops](#)
- [New Mindfulness Programme](#)
- [Trainee-Curated Wellbeing Resource Hub](#)
- [Accessing PSWS](#)

## CONTACT



### WEBSITE:

[thamesvalley.hee.nhs.uk/resources-information/professional-support-wellbeing](https://thamesvalley.hee.nhs.uk/resources-information/professional-support-wellbeing)

EMAIL: [psw.tv@hee.nhs.uk](mailto:psw.tv@hee.nhs.uk)

TRAINEE-CURATED WELLBEING

RESOURCE HUB: [www.tvpsw.com](http://www.tvpsw.com)

## Accessing PSWS

We would like to remind you that **referrals to our service** can be done online on our website ([‘How to Refer’](#)). We **accept self-referrals**, but if you are an [educator](#) and you would like to be involved in the goal setting process for coaching, complete the [educator referral form](#) to guarantee an active part in this process.

Once the referral form is completed, you will be **contacted by one of our Case Managers** who will arrange an **initial, virtual meeting** with you to fully explore your context and make sure we **get the right type of support at the right time for you**. An **action plan is agreed** and from there you will be transferred to one of our coaches or signposted to the right service.

---

*"I would strongly recommend PSWS to a colleague or friend. Having help from PSWS was life changing. It meant that I was able to complete my training as my normal enthusiastic happy self and can now look forward to going to work and to continuing to improve and learn as a GP in the years ahead."*  
Thames Valley GP trainee

---

For further information, our website has a [short video](#) and [FAQ page](#).

