

**Date: 11<sup>th</sup> May 2026**

### **International Coaching Week - enabling you to be at your best**

As part of International Coaching Week, taking place from 11<sup>th</sup> to 18<sup>th</sup> May, we are shining a spotlight on the coaching support available across WUTH and how it can help colleagues develop personally and professionally.

Coaching provides dedicated time and space to focus on you. Whether you are navigating change, developing leadership skills, exploring career opportunities or simply looking for time to reflect, coaching offers a safe and supportive environment to think, grow and move forward with confidence.

Through coaching, colleagues can:

- Build self-awareness and confidence
- Develop practical tools and strategies
- Gain clarity and direction
- Set achievable goals to reach their full potential

For colleagues interested in developing their own coaching skills, the Introduction to Coaching Skills workshop is also available. This highly interactive one-day session, facilitated by an experienced coach, helps colleagues build practical coaching techniques that can be used in everyday conversations and leadership situations.

Feedback from colleagues who have accessed coaching has been extremely positive.

One colleague said: “Coaching has been a life changing experience for me. I can’t express enough how grateful I am for the coaching I received. My coach was amazing, and I would highly recommend coaching to all staff.”

To find out more about coaching or developing your coaching skills, please visit the Coaching and Mentoring page on the intranet or contact the OD team at: [wuth.wirralod@nhs.net](mailto:wuth.wirralod@nhs.net).

