



What is GPMplus?

GPMplus is a free mentoring service pilot for NHS Dentists, Optometrists and Pharmacists working within Humber Coast and Vale.

The service is provided by trained mentors who all have experience of working in frontline Primary Care as Dentists, Optometrists and Pharmacists.

All of us will have had one or more informal supportive relationships at some time in our professional lives. However once we become Primary Care professionals, we often spend all our energy supporting others. This can mean that in times of challenge or transition we can be reluctant or too pressured to seek support or refreshing input.

For all of us there are times when a confidential chat with an empathetic colleague with no vested interest can make a huge positive difference and keep us in control and enthusiastic, whether we need support or a challenge to develop ourselves further.

The GPMplus service provides the opportunity for you to receive this support by trained colleagues. Please find out more by visiting our [website](#)

Who is eligible to receive free mentoring through GPMplus?

- **Dentists**
- **Optometrists**
- **Pharmacists**

that deliver NHS services within Humber Coast and Vale. If you deliver part private and part NHS services you are eligible to access the service.

GPMplus can be accessed by anyone from the above list, who would like to explore ways to develop themselves or have a career problem or opportunity they're not sure how to move forward with.

Whilst the mentoring service is aimed at supporting you professionally, we are aware that personal & professional issues intertwine, and you will have the opportunity to discuss anything you wish. We aim to build resilience in the General Practice workforce by allowing you time and space to develop your personal goals.

As this service is directly supported by local commissioners through pilot funding, the service is free at the point of access.

What can GPMplus help you with?

GPMplus can help you to:

- Move forward with personal and career goals.
- Work through a problem or potential opportunity you feel you have.
- Manage transitions positively.
- Build confidence.
- Improve your work life balance.
- Build your resilience.
- Achieve your aspirations.

How do I access this service?

To contact us please fill in this [contact us form](#). A member of the GPMplus team will then contact you at a time convenient to you to discuss the service and match you to an appropriate mentor. Individuals can then access up to 8 hours of mentoring in sessions to create positive steps forward.

Mentors

Our mentors are:

- Local Primary Care professionals with knowledge and experience to offer.
- Empathetic and good listeners.
- Appropriately trained and well-practised in mentoring and coaching skills.
- Continuously updating and developing their skills.
- Well supported in their role with regular supervision.
- All our mentors either have or are undertaking the internationally recognised ILM5 qualification in effective coaching and mentoring.

Please click [here](#) to find out more about our mentors