

## Organisational Coaching for Doctors and Health Professionals

### What is it?

Coaching is a collaborative process with the express purpose of enhancing the life experience, skills, performance, capacities or wellbeing of the client. This is achieved through the systematic use of theory and practice to facilitate the Client's goals in their particular context. Coaching can be time limited or ongoing.

Working with Sharee as coach establishes a reflective space where you can experiment with ideas and build capacity and energy for change. The focus in coaching can move between the horizon (strategic) and the immediate environment (specific) and aims to grow new thinking. Sharee promotes curiosity and will help you synthesize and articulate the conditions you need to achieve your goals and influence your own potential.

### Why would I engage a coach?

Coaching prioritises a safe time and place that is outside the person's normal workplace to:

- Reflect and experiment with ideas,
- refocus purpose and goals,
- make empowered decisions about change,
- build skills,
- create a system of accountability that is self directed.

The Client uses this time to create a life they really want, one filled with personal meaning and one that supports taking action on their goals. The essence of coaching is shifting mindsets, seeking fulfilment and achieving beyond what we thought was possible, with clarity and hope.

Have you got a plan? Coaching is a great process for checking in with your self and making or reviewing your plan.

### Coaching can help you:

- To perform at your peak
- Lead others
- Deal with your workplace challenges
- Manage your career proactively
- Build personal resilience
- Relate more effectively with your colleagues and patients
- Maintain or regain your own well-being consistently
- Develop skills in relaxation

Explore how having a coach outside your workplace can help you develop your potential and promote your health. Contact Sharee today for a free half hour consultation and discover how Coaching with Sharee can progress your goals.

### Who is Sharee Johnson?

Sharee works as an organisational coach and psychologist. She coaches doctors, other health professionals and business people. Her aim is to understand each person's complex story in a way that creates energy, hope and purpose. Coaching in this context is goal oriented, self determined and future focused. Sharee uses integral, systems thinking. Working with her is often described as transformative.