

HDR Session Plan: Coaching

Tuesday 30th June 2pm

Facilitators: Alison Smith (AS) & Abid Iqbal (AI)

Zoom Link

<https://zoom.us/j/99500454162?pwd=UE4ra1pjaUphay9yZEt3enJqWIRzdz09>

Meeting ID: 995 0045 4162

Password: 6pXwK4

Time	Item	Facilitators
14.00	Welcome, Introduction and TPD announcements	TPDs (AI)
14.10	PowerPoint presentation on Coaching	AS
14.45	Explanation of balance wheel exercise after break	AS
14.50	Comfort Break	ALL
15.00	Small Group Work in Breakout Rooms: Individual balance wheel exercise & discussion on reflections on balance wheel	TPDs/AS
15.45	Regroup, share learning and questions	AS/AI
16.00	How to access HEE coaching	AS
16.15	Close	ALL