

What is mentoring?

Launched by YORLMC, GPMplus offers a free 1:1 mentoring service for GPs, PMs, Nurses, and other practice staff with leadership or decision making responsibilities.

The service is provided by trained mentors who all have experience of working in frontline General Practice and, thanks to funding from NHSEI, it is available to access free of charge.

Who is mentoring for?

GPMplus mentoring can support anyone from the above list who would like to explore ways to develop themselves, or who 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 and 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.

What do mentees say about GPMplus mentoring?

"I reached out to GPMplus and I am so grateful that I did...I can't recommend it highly enough, it has saved my career."

"I look forward to my monthly sessions as I get a supportive chat, discuss solutions to problems if there are any."

"It's had such a positive impact on my work."

"Support during difficult times, helping me build as a GP and person. Inspiring."



GPMPLUS

What can GPMplus mentoring help me with?

Our mentors can help you to:

- **Move forward with personal and career goals**
- **Work through a problem**
- **Consider opportunities**
- **Manage transitions positively**
- **Build confidence**
- **Improve your work life balance**
- **Build your resilience**
- **Achieve your aspirations**

How can I access the GPMplus Mentoring service?

You can request mentoring support, or more information, by:

- **Completing the online [contact us form](#)**
- **Emailing us at info@gpmplus.co.uk**
- **Calling us on 07548 342519**

Once you have considered accessing the GPMplus mentoring service, please review the [mentor biographies](#) and consider your 3 preferred mentors – we will aim to match you to one of your preferred mentors, subject to availability.

Please also review the GPMplus mentoring [charter](#) here.