

How mentoring can help you

Interview with Dr Jonathan Dixon

Over 150 GPs and practice managers have now accessed the GPMplus mentoring service. Launched by YORLMC, GPMplus mentoring is a bespoke service for general practice and wider primary care. It was designed by local GPs, including Dr Jonathan Dixon who is the clinical lead for GPMplus mentoring services and is a 4-session GP Partner in an urban practice in Bradford. Jonathan previously trained GPs and is a GP Appraiser and Appraisal Lead.

Here Jonathan provides some more information about GPMplus, the benefits you can expect from mentoring and how you can access the service.

What is mentoring?

"Mentoring is a supportive relationship which can help you to consider opportunities, work through problems and more generally to build confidence and improve work-life balance. GPMplus mentors have all worked in general practice and the combination of their front-line experience and their mentoring training means they can really help you to deal with challenges, developments and day-to-day life in general practice."

What are the benefits?

"The panel on the right shows just some of the feedback we have received. Colleagues who have used our mentoring service have found it has helped in their professional and personal lives and has been a really positive experience."

100% felt mentoring had a positive impact on their professional life

94% felt mentoring had a positive impact on their personal life

94% would recommend GPMplus mentoring to a colleague

93% would access GPMplus mentoring again in the future

How can I access the mentoring?

"The service is available to all GPs, practice managers, nurses and practice staff with leadership responsibilities across Humber & North Yorkshire and West Yorkshire. Thanks to funding from NHSEI, up to 8 hours of 1:1 mentoring can be accessed free of charge. GPMplus has a team of trained mentors, all of whom have experience of working in general practice. Profiles of our mentors are on the [GPMplus website](#) – you can choose your preferred mentor/s and we will do our best to accommodate this. You can apply for mentoring [here](#)."

Why do you think mentoring is worthwhile?

"When we are all so busy, it's hard to make time for something extra on top of the pressures of day-to-day practice life. Mentoring is valuable as it can help relieve some of these pressures because it provides an opportunity to talk through and explore challenges, difficult situations or potential changes with an empathetic colleague."

A video version of this interview is available [here](#).



Just some of the feedback received:

"I spent quality time talking through my situation and discussing solutions. It was invaluable."

"I will miss these sessions and I feel that I am a better GP for it."

"It is an essential resource for anyone struggling to deal with the extreme pressures of general practice."

"I think I would have quit by now if it wasn't for this programme."