

V-space for returning trainees

Managing transitions – finding balance

Online groups facilitated by senior coaches from the Professional Support Unit

V-space online group provides a forum for peer support and group coaching for trainees who are due to return to training in early 2021.

Individuals across all specialties and stages of training meet virtually in small groups (max 12 per group).

Groups meet for 2 hours once a fortnight for 4 sessions, with options to connect in-between sessions.

Developing people

for health and

healthcare

www.hee.nhs.uk

Two groups starting 26th and 28th January 2021

Contact : [Registration Form](#) to book your place