



Careers Coaching for Carers Pilot

Following the success of the Careers Coaching for Carers pilot in the Exeter area, we are extending the Coaching pilot to those attending the Carers into Employment Event at Newton Abbot. Carers will be able to apply for 3 sessions of coaching with a trained coach. We will be evaluating how effective the coaching is for carers who wish to return to employment.

What is Careers Coaching for Carers? Is it for me?

Throughout our lives we deal with a huge amount of change. Whether this change is intentional or not, it will undoubtedly trigger a cycle of reactions and feelings, which individuals will go through in varying degrees.

Whether you feel that you have reached a crossroads in your life, or even a roadblock, this can be a good time to take stock of your life. Careers Coaching for Carers is a solution-focussed approach which can help you make decisions about your career choices and direction.

Careers Coaching for Carers consists of a series of conversations; the focus of which is on you. The role of the coach is to generate the discussion to help you to understand where you are now both in your career and in your wider life, consider how you got there and help you to recognise your talents in order to think about where you want to go next and more importantly to help you take steps to move forward in that direction.

What it is not

The coach is not there to provide you with advice or tell you what you should/shouldn't do and will not find you a job, but they will help remove some of the anxiety around job searching.

Coaching is not counselling or therapy and if the coach feels that another type of support would be more beneficial to you prior to coaching taking place, they will discuss this with you and signpost you to where you can obtain such support.

The coaching process

Once you have completed the application form, you will be placed on the waiting list whilst we identify an available coach who matches your requirements, subject to demand.

The coach will then contact you directly and will have an initial introductory telephone conversation with you. This will give the coach an opportunity to tell you a bit more about themselves and how the sessions will work, setting some ground rules and identifying an appropriate location and date for the coaching sessions. The location will be at a council or NHS premises or a public venue and will take place within office hours. This should remove some of the anxiety about the first session. We may also be able to offer financial assistance with travel expenses and replacement care.*

Subject to demand, we will offer you up to 3 x 1 - 1.5 hour sessions with your dedicated coach. The frequency of the sessions will be agreed between you and your coach but will generally be over a 12 week period.

All coaching will take place between mid-June 2016 and 30 Sept 2016.

Your commitment

You will need to give a commitment to attend these sessions and complete any additional work in between sessions as agreed between you and the coach. This may be research, drafting a CV or completing some self-assessment tools. At the end of the 3 sessions, you should leave with a clear action plan that is completed and owned by you and which you will agree to take forward.

You will be asked to complete an evaluation form before coaching, immediately at the end of the coaching and again in February 2017 to show how effective you found the coaching. Part of the evaluation will be by email/in writing and there will also be some telephone interviews.

Contacts

For further information, please contact:

For carers living in Devon County Council's geographical area:

Emily Cavanagh or Sally-Ann Turner, Devon County Council
Emily.cavanagh@devon.gov.uk or sally-ann.turner@devon.gov.uk

* To discuss financial assistance with travel expenses and/or replacement care, please contact Kay Brown on 08456 434 435. Please email queries and expenses claims to K.Brown@westbankfriends.org.

For carers living in Torbay:

Rohan Davidson, Torbay and South Devon NHS Foundation Trust
rohan.davidson@nhs.net

* To discuss financial assistance with travel expenses and/or replacement care, please contact Torbay Carers Service, The Drummond Suite, Paignton Library, Paignton, TQ4 5AG.
01803 666620

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