

GPMplus mentoring

FAQs about the service

Can I access GPMplus mentoring?

Yes, if you are a:

- Dentist
- Dental Nurse
- Hygienist
- Therapist
- Manager

Who are in a role with leadership and decision making responsibilities and you work in an organization that delivers NHS services within North Yorkshire, York and Humberside or West Yorkshire. If you deliver part NHS and part private services, you can access GPMplus mentoring.

What does it cost?

GPMplus mentoring is free at the point of access so you don't need to pay anything. The mentoring service is directly supported by NHSE/I who commission the service to be available to Primary Care staff within West Yorkshire, Humber & North Yorkshire.

Is it confidential?

The content of the mentoring is absolutely confidential. The only exceptions are if the mentor has concerns about your safety, patient safety or there are probity issues. In these situations the mentor will sign post you to further support.

Do I need to tell my manager or get their permission?

You can access the service independently. We only take referrals from individuals themselves, we don't take referrals from your manager. You may need to discuss with your manager if you wish to have mentoring sessions in work time but you do not need to tell them about the content of your mentoring sessions. We can offer mentoring sessions during the work day or at evenings and weekends (subject to mentor availability).

Find out more at:

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Our mentors



Zoe Burns: Dentist



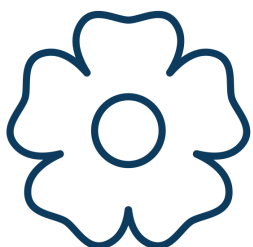
**Ms Angela Daniel:
Dentist**



Mr Jon Martin: Dentist



Sam Pawlyn: Dentist



GPMPLUS
FOR DENTISTS

What can I discuss with a mentor?

GPMplus mentoring can support anyone 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 Primary Care workforce by allowing you time and space to develop your personal goals.

Who are the mentors? Can I choose who I am matched to?

All of our mentors work, or have recently worked, in primary care as a Dentist or Dental Professional, and so they can really understand your situation. See our mentors' bios [here](#) or click one of the names on this flyer.

What is the commitment?

You can access 8 hours of mentoring over a year – this can be accessed as you wish. For example you may wish to meet your mentor for 1 hour every 2 weeks, or you may wish to meet with your mentor for 2 hours every 2 months, or something in between. Your mentor will work with you to be flexible to your needs. All we ask is that you attend your booked sessions and provide some anonymous feedback once you have had your final session.

Does mentoring really help?

Mentoring has been shown to:

- Aid development, at all stages of an individual's career
- Improve retention rates and work performance as well as working relationships
- Encourage equality and reduce discrimination

Watch this [short video](#) to see some of the feedback we have received from individuals that have accessed GPMplus mentoring.

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Ian Wilson: Dentist



**Chris Withington:
Dentist**

**For more information
or to access mentoring
please email
info@gpmplus.co.uk**

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[Twitter](#)**

Feedback from our mentees.....

"I can't put into words how much of an impact the mentor sessions have had on me. They are very inspiring, motivational and it has opened my eyes to a whole new world of Primary Care!"

"My mentor has been amazing. I am able to discuss a wide variety of topics with him, work related, stress, work life balance. I can ask for an unbiased advice or opinion. I can discuss things that I may not have shared with colleagues at work without any worries."