

Thank you for applying for the CPPE coaching service. Please take the time to complete this application form so we can make sure that we can assist you and that our service provides the most appropriate support for you.

The more detail you can give us, the better able we are to advise you properly. Please be aware that we may advise you that another service, such as Pharmacist Support's Listening Friends, would suit you better.

Name:

GPhC number:

Which sector of pharmacy do you currently work in?

In no more than 200 words, please define the problem, goal or barrier that you feel you need coaching in.

What actions or steps have you taken already, ie, have you been through any other courses or learning to address this need?

February 2017

### What you can expect from us

- You can expect a maximum of six one-hour sessions, with further support requiring a new contract.
- You will be coached via interactive sessions and you can choose telephone or Skype.
- Our coaches will keep all discussions confidential unless it is felt that you or someone close to you is at risk, but all actions will be fully discussed with you.
- You will not be allocated a coach whom you know personally and you cannot choose a coach.
- You will be contacted within seven working days and next steps will be discussed with you.

If you are vulnerable, feel at risk or need emotional support as a matter of urgency, please consider contacting Pharmacist Support through [their website](#) or by phone:

**Enquiry line:** 0808 168 2233

**Listening Friends:** 0808 168 5133

**Health support programme:** 0808 168 5132

## CPPE coaching contract

### My commitment to you

I will speak to you and work with you in absolute faith in you and your abilities.

I will believe in your potential to be, do or have whatever you want.

I will demonstrate my belief by taking you and your issues seriously.

I will encourage you to believe in yourself.

I will work with you to define a plan of action for achieving your goals and desires.

I will keep you on track.

I will maintain confidentiality.

### Your commitment to me

You will maintain communication with me and respond in a timely manner.

You will agree to change your life with determination, courage and fearlessness.

You will carry out any challenges or assignments that we agree for you and you will do this within our agreed timescale.

You will keep going, even when the going gets tough.

You will choose to adopt a more positive and enthusiastic perspective on life, from this moment on.

### Our agreement

I agree to coach you to the best of my ability, with 100 percent of my energy, enthusiasm and commitment.

We will attend the booked coaching sessions and, if necessary, due notice will be provided for changing the agreed session.

We will commit to the agreed six coaching sessions (if further sessions are sought, this requires a new contract to be negotiated).

**Signed by coach:**

**Date:**

**Signed by client:**

**Date:**