

A week in the life of a Practice Coach



Monday

Morning: Catch up with colleagues on Slack. Manage emails and make a plan for the week. Check in with Twitter, LinkedIn, Facebook; identify any interesting articles and best practice to share with the rest of the Wellbeing Team. Take a call from a Wellbeing Worker who wants to talk about how her team can support someone with a PEG. Discuss learning and training options and you agree to find a suitable local health professional who can help the team learn.

Afternoon: Review the Grey Matters e-portfolios of two new Wellbeing Workers and sign off evidence towards their Care Certificate. Provide feedback to the Wellbeing Workers about their progress.

Tuesday

Morning: Attend the team meeting of one of the Wellbeing Teams and facilitate a Scenario session about a serious Safeguarding incident that you have written for them.

Afternoon: Attend the team meeting of another Wellbeing Team, this time facilitating a Scenario Session about Duty of Care and potential conflicts. This will provide a Wellbeing Worker in the team with evidence towards her Care Certificate.

Wednesday

Morning: Spend time speaking to a Wellbeing Worker who has raised concerns about the safety of a woman she supports. Help the worker to problem solve and then complete a CQC notification.

Afternoon: Meeting with two Wellbeing Workers who have been part of the teams for 3 months, to look at their Development Portfolios together.

Thursday

Morning: Catch up with colleagues on Slack. Manage emails. Check in with Twitter, LinkedIn, Facebook. Take calls from two of the teams with different learning needs. Research solutions.

Afternoon: Attend the team meeting for the Wellbeing Support Team, with the Wellbeing Leader, Team Coach and Community Connectors.

Friday

Morning: Take part in a SCIE webinar, then summarise learning to share with teams.

Afternoon: Take shortlisting calls from potential new Wellbeing Workers. Book a venue for a recruitment workshop. Asked to investigate the concerns of a family member of someone we support, who is worried about their relative and whether the support meets her needs. Make a plan of action and contact the people you need to speak to. Write quick reflection on the week in your journal before heading home.