

**Scientifically proven coaching for healthcare professionals**

# From Stuck to Unstoppable...

**No-nonsense, scientifically proven coaching for healthcare professionals determined to break barriers and carve out a bold new path forward.**



**HELENA CLARE**  
— COACHING —



*“Helena genuinely cares about her clients and wants to make a difference...  
...she really does have the ability to change lives!”*

# Helena Clare Coaching

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## **Widespread workforce shortages and staff burnout are taking their toll on hard working, but overstretched professionals under sustained pressure.**

The demands on healthcare professionals (HCPs) within the NHS and private health organisations have never been greater. While they are highly skilled and dedicated, many HCPs struggle with perfectionism, imposter syndrome, self-doubt, and people-pleasing tendencies.

### **The Hidden Cost**

These issues often lead to increased stress, burnout, and absenteeism, which negatively impacts their well-being, patient care, and the overall efficiency of the healthcare system.

### **The Solution**

Creating a comprehensive coaching support program for Healthcare Professionals (HCPs) in primary care requires a well-structured plan that balances 1:1 coaching, peer support, webinars, and educational workshops.

Enclosed is a proposal for a 6-month programme, including structure, objectives, and cost estimations.

### **Programme Goals:**

- Enhance leadership, communication, and resilience.
- Promote mental well-being and stress management.
- Provide tools for better work-life balance.
- Support professional & personal development



NHS staff are 50 per cent more likely to experience chronic stress, a known contributor to burnout.

Burnout significantly impacts the retention of our highly valued NHS workforce, with more staff thinking about leaving the NHS.

Employers must act quickly and effectively to tackle burnout by facilitating a supportive, compassionate and positive experience that prioritises the experience and wellbeing of staff.

The Kings Fun, Sept 2020; BMJ 2022;377:o945; The NHS Long Term Workforce Plan 2023.

# The Roadmap to successful support...



# Programme Components

## 1:1 Coaching

- Format: Stop Being Stuck Breakthrough Programme
- Frequency: 2-week programme
- Duration: 1 half-day session (or 2 x 90min sessions) + 1 x 60 minute follow up session + self-reflection tasks in between
- Focus Areas: Self-value, self-trust, worst self behaviours, pretender model.
- Optional: ongoing coaching at extra cost (4 x 90 minute sessions).

## Peer Support Group Coaching

- Format: Group coaching (6–8 HCPs per group – inter or intra professional groups, as required)
- Frequency: Monthly for 6 months (6 sessions total)
- Duration: 90-minute sessions
- Focus Areas: Sharing challenges, peer learning, collaboration on solutions, and emotional support.
- Aim for groups to be self-sufficient after 6 months of facilitator support

## Webinars

- Format: Interactive online webinars
- Frequency: Monthly (6 webinars total)
- Duration: 1 hour
- Focus Areas: Your Pretender Mask, Imposter Syndrome, Self-Sabotage, Cultivate Self Trust, The Inside Job, Work-life Balance & Well-being.

## Educational Workshops

- Format: Live workshops (in-person or virtual)
- Frequency: Quarterly (workshops over 6 months)
- Duration: 90 minutes
- Focus Areas: Self-care tools to support a healthy work-life balance; Coping with change.



Please refer to Appendix for full breakdown of each element of the programme.

# Example Investment

## Option One

Stop Being Stuck Breakthrough Programme for 3 x HCPs  
3 x £995 = £2985

Option to have ongoing coaching with 1 x HCP (4 x 90 minutes) at additional cost: £1400

1 x Peer Group Coaching Programme for 6-8 HCPs  
6 x monthly sessions (90 minutes per session)  
6 x £400 = £2400

Interactive Online Webinars  
3 x 60 minutes at £300 each  
= £900

1 x Educational Workshop (90 minutes)  
£400

**Total Investment - £8085**

## Option Two

Stop Being Stuck Breakthrough Programme for 6 x HCPs  
6 x £995 = £5970

Option to have ongoing coaching with 2 x HCPs (4 x 90 minutes each) at additional cost: £2800

2 x Peer Group Coaching Programmes for 6-8 HCPs  
6 x monthly sessions (90 minutes per session)  
2 x 6 x £400 = £4800

Interactive Online Webinars  
6 x 60 minutes at £300 each  
= £1800

2 x Educational Workshop (90 minutes)  
2 x £400 = £800

**Total Investment - £16,170**

## Option Three

Stop Being Stuck Breakthrough Programme for 10 x HCPs  
9 x £995 = £8955

Option to have ongoing coaching with 3 x HCPs (4 x 90 minutes) at additional cost: £4200

3 x Peer Group Coaching Programmes for 6-8 HCPs  
6 x monthly sessions (90 minutes per session)  
3 x 6 x £400 = £7200

Interactive Online Webinars  
6 x 60 minutes at £300 each  
= £1800

3 x Educational Workshop (90 minutes)  
3 x £400 = £1200

**Total Investment - £23,355**

# Why choose Helena Clare Coaching?



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## Award Winning Coaching

As an award-winning Paseda360 Certified Advanced Practitioner in Transformational Coaching with over 15 years' experience in coaching and NLP (ILM Level 7 Executive Coaching & Business Mentoring, Master NLP Practitioner), with additional diplomas in clinical hypnotherapy, meditation instruction and an attuned reiki healer (Level 2), I have supported many burnt out health professionals to bounce back from the stress and exhaustion of living inauthentically, only to find them back on the path to destruction time and time again. It doesn't have to be this way.



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## Over 25 Years of Experience in Healthcare

I have over 25 years experience in healthcare in variety of roles, from the coal face in general practice to senior leadership within large government organisations (Ministry of Defence), alongside nearly 15 years in the coaching industry.

I know how challenging it is working in healthcare and am passionate to help healthcare professionals be more resilient, able to deal with day-to-day challenges resulting in positively impacting both health organisations and patients themselves.



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## Revolutionary Coaching Model

This ground breaking coaching model is revolutionising outdated coaching practices and goes beyond that which is currently available in healthcare.

I am 'not your typical life coach' - I use the most appropriate coaching and therapy tools for each clients particular needs. This means I embrace both non-directive and directive coaching approaches, mentoring, guiding and advising, with the added benefits of hypnotherapy, meditation and NLP-based tools and techniques.

# About me



There's a moment when you know you're exactly where you're meant to be, doing the work you were born to do. **For me, that moment comes with coaching.** After 26 years as a pharmacist, I realized that my greatest fulfilment didn't come from managing prescriptions but from **guiding people** on a deeper, more personal level.

This realization brought me to where I am today. Being a pharmacist was an incredible experience, but I knew there was more I wanted to give. Coaching allowed me to integrate a **truly holistic approach** to people's transformations, helping them find **clarity, strength, and purpose.**

Initially, I trained as a coach to advance my leadership skills within pharmacy, yet the journey led me to an unexpected world of **self-development and transformation.** Today, coaching is my calling. The power to help clients uncover and **overcome their mental and emotional barriers** so they can achieve their **fullest potential** is the most rewarding work I can imagine.



Helena Clare Coaching offers a **unique approach**, blending **scientifically proven techniques** to help you release the shadows of your past and uncover your true, authentic self. In fact, the name, Helena Clare, means “bright, shining light,” which is exactly what I strive to bring to each client. Think of me as **your lighthouse**: while I can't steer the ship for you, I can help you navigate through the fog, guiding you to a place where you feel grounded, confident, and **fully capable of achieving the life and impact you deserve.**

I understand where you're coming from – because I've been there. I've walked this path of transformation, and I'm here to show you that the next chapter of your story can look entirely different. Imagine shedding the need for perfection, letting go of the pressure to put everyone else first, and silencing the self-doubt. **Together, we'll turn that page.**

As your coach, I'll be here to help you **create a new story** – one that reignites your confidence, supports your dreams, and lets you **rediscover the phenomenal person** you've always been.

Your next step to support  
your HCP's better?

Lets chat!



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