CITY
ST GEORGE'S
UNIVERSITY OF LONDON

Patient Coaching for Medical Students

Space to think. Time to breathe. Support from someone who understands healthcare and wants you to succeed as yourself.

💬 What is it?

Patient coaching is a new opportunity for medical students to have **1:1 confidential conversations** with trained coaches who also have lived experience as patients or carers.

Your coach is someone with lived experience of healthcare who is also skilled in listening, reflecting, and asking powerful questions to unlock challenges you may be having. They're not here to assess or advise you — just to offer a supportive space where you can think out loud and reflect on your learning, identity, or experiences.

✅ Why try coaching?

- Feel more grounded in who you are as a future doctor
- Talk through challenges without fear of judgment
- Build reflective skills that are vital for clinical practice
- Get curious about your own growth, goals, and values
- It's confidential, supportive, and 100% for **you**

🧠 Not therapy. Not assessment. Just time for you.

Coaching is **not** counselling, and it's **not** about performance.
It's a chance to slow down, step back, and reconnect with what matters.

💭 What students are saying:

"I didn't think I needed coaching, but I'm so glad I tried it. It helped me reconnect with why I chose medicine in the first place."
— Medical Student

🕒 What's the commitment?

- 3 x 1hr virtual coaching sessions at a time that works with your schedule
- No long term commitment just a boost and support to focus or tackle a challenge, when you need it

---

What are the benefits?

- Improved wellbeing, direction and sense of your own strengths
- Good evidence of reflective practice for professional portfolios
- Improved communication skills
- Increased sense of professional identity – knowing who you are as a doctor
- Greater sense of meaning and reconnection with sense of professional purpose
- Certificate of recognition for your participation

👨‍💼 Who are the coaches?

Our patient coaches are experienced in mentoring and healthcare education. They bring a unique perspective as patients, and have been carefully selected and trained to support medical students. They aren't there to solve your issues, but they are there to support you to have the space and prompts to work out for yourself what you need to thrive.

✉️ How to sign up

To apply for coaching please fill out this short expression of interest form (QR code below). If you have any questions and want to talk informally you are welcome to email: **kcampion@sgul.ac.uk** or **mukhan@sgul.ac.uk** who can answer any questions you may have.