


# Menu of Providers

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## Bob Wheeler

<p><b>Based:</b> Nottingham</p> <p><b>Support:</b> Coach (Leadership &amp; Cultural)</p> <p><b>Contact:</b> E: <a href="mailto:Bob.wheeler@wheeler-Partnership.com">Bob.wheeler@wheeler-Partnership.com</a> T: 0115 9603 425 W:</p>	
<p><b>Additional Support:</b></p> <ul style="list-style-type: none"><li>✓ <b>Skype</b></li><li>✓ <b>Leaders for the future</b> (Course for Trainees)</li><li>✓ <b>The power of influence and authority</b> (Course for Trainees)</li><li>✓ <b>Difficult Conversations</b></li><li>✓ <b>Personal Effectiveness in high performing teams</b> (Course for Trainees)</li><li>✓ <b>Managing yourself and your time</b> (Course for Trainees)</li> <li>✓ <b>Cultural communication issues for international trainees</b> (Course for Supervisors)</li><li>✓ <b>Helping medical trainees increase their influence</b> (Course for Supervisors)</li><li>✓ <b>Developing trainees in team working and leadership</b> (Course for Supervisors)</li></ul>	<p><b>Blurb:</b> Bob has successfully coached over 70 Trainee Doctors for HEEM both face-to-face and via Skype. Development needs have included: leadership, cultural, team working, motivation, communication and more. Bob runs the Leaders for the Future course organised by PSU. Bob's background is that he studied law at Cambridge University then qualified as a barrister. He initially specialised in the law to do with people at work then progressed through a range of increasingly senior human resources positions to become HR Director of a large company. He has been running his own consulting and coaching business for many years and is an associate at several Business Schools.</p>


## Carla O'Brien

<p><b>Based:</b> Nottingham</p> <p><b>Support:</b> Tutor (Dyslexia &amp; Study)</p> <p><b>Contact:</b> E: <a href="mailto:Carla@dyslexicspecialist.com">Carla@dyslexicspecialist.com</a> T: 0115 9845566 W:</p>	
<p><b>Additional Support:</b></p> <p>✓ <b>Skype</b></p>	<p><b>Blurb:</b> Carla is a qualified dyslexic specialist and also has a qualification in TESOL. She has over twenty years' experience and can offer support for a range of issues, including study support to those trainees without a learning difficulty. These include:</p> <ul style="list-style-type: none"><li>• Dyslexia, dyspraxia and other specific learning difficulties</li><li>• Study and revision skills</li><li>• Time management</li><li>• Exam access and techniques</li><li>• Language and communication support for those for whom English is a second language</li></ul> <p>Carla has a proven track record and will support you in achieving your goals both now and going forward.</p>


## Catherine Midgley

<p><b>Based:</b> Nottingham</p> <p><b>Support:</b> Coach</p> <p><b>Contact:</b> E: <a href="mailto:Catherine@thepositiveapproach.co.uk">Catherine@thepositiveapproach.co.uk</a> T: 0115 982 5911 W: <a href="http://www.thepositiveapproach.co.uk">www.thepositiveapproach.co.uk</a></p>	
<p><b>Additional Support:</b></p> <ul style="list-style-type: none"><li>✓ <b>Skype</b></li><li>✓ <b>Building confidence and assertiveness</b> (Course for Trainees)</li><li>✓ <b>Coaching Skills</b> (Course for Supervisors)</li><li>✓ <b>Difficult Conversations</b> (Course for Supervisors)</li><li>✓ <b>Supporting and developing your trainees</b> (Course for Supervisors)</li> <li>✓ <b>Positively resilient</b> (Both)</li><li>✓ <b>Introduction to mindfulness/The mindful approach to working life</b> (Both)</li><li>✓ <b>Effective Influencing</b> (Both)</li><li>✓ <b>Working Productively</b> (Both)</li></ul>	<p><b>Blurb:</b> Catherine works with clients who want to get different results in their work; improving confidence, impact, relationships, building resilience to deal with day to day challenges, developing leadership skills, improving productivity, managing stress or achieving successful exam outcomes. She helps clients to develop in a practical and focused way, identifying and tackling the issues that get in the way of optimal performance and identifying and building on strengths. Her approach is insightful, caring, and challenging.</p>


## Catherine Sharp

<p><b>Based:</b> Northamptonshire (Near Kettering)</p> <p><b>Support:</b> Counselling</p> <p><b>Contact:</b> E: <a href="mailto:Catherinecmsharp@gmail.com">Catherinecmsharp@gmail.com</a> T: 01832 720486 W:</p>	 A portrait photograph of Catherine Sharp, a woman with short, light-colored hair, wearing a light-colored top and a necklace with a small pendant. She is smiling slightly and looking directly at the camera.
<p><b>Additional Support:</b></p>	<p><b>Blurb:</b> Catherine Sharp is a BACP accredited therapist and counselling manager for a local charity that works across Northamptonshire. Catherine has trained Psychodynamic; a theory that suggests early significant life circumstances remains influential in adulthood. She has also studied Cognitive Behavioural Therapy and Short Term Solution Focused work. She specialises in depression, anxiety, relationships and eating disorders.</p>

## Clare Manning

<p><b>Based:</b> Derby</p> <p><b>Support:</b> Coach (Psychological)</p> <p><b>Contact:</b> E: <a href="mailto:clare@manningchange.co.uk">clare@manningchange.co.uk</a> T: 01629 820269 W: <a href="http://www.manningchange.co.uk">www.manningchange.co.uk</a></p>	
<p><b>Additional Support:</b></p> <ul style="list-style-type: none"><li>✓ <b>Skype</b></li><li>✓ <b>How to self-coach as a reflective practitioner and take control of your own development</b> (Course for Trainees)</li><li>✓ <b>How to be more calm and confident at work</b> (Course for Trainees)</li><li>✓ <b>How to improve your communication skills</b> (Course for Trainees)</li> <li>✓ <b>A coaching approach to trainee supervision</b> (Course for Supervisors)</li></ul>	<p><b>Blurb:</b> <i>Clare Manning has been working as a coach with the NHS since 2012 and has supported over 50 trainees in that time. She specialises in coaching which helps you build your confidence, improve your communication and leadership skills, reduce stress and anxiety levels, complete your e-portfolio, prepare for successful exams and interviews, and more. Her coaching is supportive, creates space for new thinking, and releases positivity. As a result, trainees find themselves motivated, energised and with a strong sense of purpose for their future.</i></p>

## Helen Wright

<p><b>Based:</b> Leicester</p> <p><b>Support:</b> Tutor (Dyslexia)</p> <p><b>Contact:</b> E: <a href="mailto:Helen.wright.hw@gmail.com">Helen.wright.hw@gmail.com</a> T: 01858 464605 W: 07979691222</p>	 A portrait photograph of Helen Wright, a woman with short dark hair, wearing a patterned top, standing in front of a white door.
<p><b>Additional Support:</b></p> <ul style="list-style-type: none"><li>✓ <b>Skype</b></li></ul>	<p><b>Blurb:</b> Helen is an independent specialist study skills support tutor for trainees and adults with developmental dyslexia/specific learning difficulties. She coaches specific transferable skills in effective note taking, exam preparation/revision, organisational skills, time management and implementing the use of assistive technology. She will also offer advice on reasonable adjustments in the workplace and exams. Also, she is able to give additional information and expand on newly acquired diagnostic reports and recommendations.</p>

## Jennifer Hale

**Based:** Nottingham

**Support:** Counsellor

**Contact:**

E: [Stiggly@ntlworld.com](mailto:Stiggly@ntlworld.com)

T:

W:

<http://www.jenniehalecounselling.com/>



**Additional Support:**

✓ **Skype**

**Blurb:** I have worked as a counsellor and psychotherapist for over 10 years. I have experience of working with clients who experience times of anxiety, panic, stress, particularly work-related stress, depression, shame, self-harm and relationship problems.

I have worked in a variety of settings that include a G.P's surgery, a city council counselling service, and a university. I am currently providing counselling for Bupa's Employee Assistance Programme, Care First and the PSU, as well as working with clients in my private practice.

I work with adults on a one to one basis in a safe, confidential and non-judgemental environment. I am able to offer sessions in Ruddington (Nottingham) or telephone sessions.

I have a Masters in Humanistic Person-Centred Psychotherapy having trained at the Sherwood Psychotherapy Training Institute. I also have a Postgraduate Diploma in Cognitive Behavioural Therapy (CBT) from the University of Derby, and a Masters in Human Relations from the University of Nottingham. I am a member of the United Kingdom Council for Psychotherapy (UKCP) and I subscribe to their Ethical Principles and Code of Professional Conduct.



## Judi Apiafi

**Based:** Nottingham

**Support:** Tutor (Dyslexia)

**Contact:**

E: [Judi.Apiafi@jmadc.co.uk](mailto:Judi.Apiafi@jmadc.co.uk)

T: 07815065278

W:



**Additional Support:**


Judi has also provided half day group workshops entitled S.O.S....Survival, Organisation, Study Skills.

This interactive presentation includes: health, expectations, identification of learning style, communication skills (both written and verbal). Organisation: time management, study environment, resources. Study Skills: revision techniques, memory and overlearning, IT and paper based exams, exam strategies

**Blurb:** Judi is our most experienced tutor and has been with the PSU for 6 years. Prior to that she worked for the Dyslexia Institute for 23 years. Judi specialises in specific learning difficulties including dyslexia and dyspraxia. Judi is also experienced in supporting other trainees who need one to one organisational skills, memory techniques, and strategies in exam preparation.

Judi is a member of the Professional Association of Teachers of Students with Specific Learning Difficulties: PATOS, 1f6002 and the British Psychological Society: RQTU. Membership 288797.

## Judith Hurwood

<p><b>Based:</b> Leicester</p> <p><b>Support:</b> Psychotherapist</p> <p><b>Contact:</b> E: <a href="mailto:Judith.hurwood@gmail.com">Judith.hurwood@gmail.com</a> T: 07800935827 W:</p>	 A portrait of Judith Hurwood, a woman with short brown hair, wearing a dark blue long-sleeved top. She is smiling and resting her chin on her hand. The background is a simple indoor setting with a patterned chair back visible.
<p><b>Additional Support:</b></p> <ul style="list-style-type: none"><li>✓ Skype</li></ul>	<p><b>Blurb:</b> Judith Hurwood is a UKCP Registered Psychotherapist, counsellor, trainer and clinical supervisor. She has 28 years mental health experience, including 20 years as an NHS psychotherapist. This has given her a good understanding of the personal and professional issues that doctors may have to manage. From her base in Leicester, she will help you address your personal difficulties, including issues such as low self-confidence, anxiety, depression, work-based stress, training difficulties, relationship problems, loss, coping with traumatic events, and personal problems arising from the past. In a private, supportive space she will help you identify problems, make more sense of things and get back on track.</p>

## Julia Hazelwood

**Based:** Lincolnshire

**Support:** Counselling

**Contact:**

E: [Juliahazelwood3@aol.com](mailto:Juliahazelwood3@aol.com)

T: 07951 421 338

W: [www.juliahazelwoodcounselling.co.uk](http://www.juliahazelwoodcounselling.co.uk)




**Additional Support:**

**Blurb:** Julia is a qualified clinical supervisor of counsellors and therapists, a BACP Accredited counsellor and a qualified and experienced Tutor of counselling skills and theory to Advanced Diploma level. Julia has a calm, supportive and encouraging approach to counselling and has a vast depth of knowledge and experience. Julia can offer a wide range of support for trainees including stress management, anxiety related issues and generalised counselling for almost any aspect of the trainees' life.


## Kirsty Offord

<p><b>Based:</b> Nottingham</p> <p><b>Support:</b> Tutor (EAL)</p> <p><b>Contact:</b> E: <a href="mailto:Kirstyofford@hotmail.co.uk">Kirstyofford@hotmail.co.uk</a> T: 07962 217602 W:</p>	
<p><b>Additional Support:</b></p>	<p><b>Blurb:</b> <b>Kirsty Offord</b> has been teaching practical language and communication skills in Nottingham for over 10 years and has been working for the NHS since 2013. Kirsty offers one to one holistic communications and training support for International Medical Graduates. This support focuses particularly on English language, communication skills and cultural awareness. She also offers support for knowledge and practical exams.</p>

## Louise Hazelwood

<p><b>Based:</b> Nottingham</p> <p><b>Support:</b> Counselling</p> <p><b>Contact:</b> E: <a href="mailto:Louise@hazelwood1.co.uk">Louise@hazelwood1.co.uk</a> T: 07515 448640 W:</p>	 A portrait photograph of Louise Hazelwood, a woman with short brown hair and glasses, wearing a white collared shirt and a dark vest. She is smiling slightly and looking directly at the camera.
<p><b>Additional Support:</b></p> <ul style="list-style-type: none"><li>✓ <b>Skype</b></li><li>✓ <b>Managing Stress and Anxiety</b> (Course for Trainees)</li><li>✓ <b>Managing the work life balance</b> (Course for Trainees)</li><li>✓ <b>Skills for Supporting Trainees</b> (Course for Supervisors)</li><li>✓ <b>Skills for Supporting Trainees</b> (FPCS)</li></ul>	<p><b>Blurb:</b> Louise Hazelwood is a BACP accredited counsellor, psychotherapist and clinical supervisor with over 10 years counselling experience. Her practice is based in Newark and she can offer both day and early evening sessions. She can provide counselling for a range of issues including self-confidence, self-esteem, abuse, stress &amp; anxiety, trauma, depression, anger, relationships, life changes and bereavement. She will work with you to help achieve your goals and find resolutions.</p>

## Martin Smith

<p><b>Based:</b> Nottingham</p> <p><b>Support:</b> Coach (Psychological)</p> <p><b>Contact:</b> E: <a href="mailto:mjstakingcontrol@aol.co.uk">mjstakingcontrol@aol.co.uk</a> T: 07973 410010 W: <a href="http://www.taking-control.co.uk/itctherapy/">www.taking-control.co.uk/itctherapy/</a></p>	 A portrait photograph of Martin Smith, a middle-aged man with short brown hair, wearing a white polo shirt. He is smiling slightly and looking towards the camera. The background is a plain, light-colored wall.
<p><b>Additional Support:</b></p> <ul style="list-style-type: none"><li>✓ <b>Skype</b></li><li>✓ <b>Personality Types</b> (Course for Supervisors)</li><li>✓ <b>Persistent and difficult behaviour</b> (Course for Supervisors)</li><li>✓ <b>Strategic Therapy and Motivation Interviewing</b> (Course for Supervisors)</li></ul>	<p><b>Blurb:</b> <b>Martin Smith</b> senior accredited member of the BACP, a life member of the Open University Psychological Society and a senior lecturer in Psychotherapy. He has been a trainer for over 25 years and a psychotherapist for 15 years. He has a long association with the NHS and specialises in all forms of anxiety, trauma and phobias. He also has extensive management experience at various levels in large public organisations.</p>

## Michelle Mackin


<p><b>Based:</b> Derby</p> <p><b>Support:</b> Counselling</p> <p><b>Contact:</b> E: <a href="mailto:michelle@wmtherapy.co.uk">michelle@wmtherapy.co.uk</a> T: 01332 422702 W: <a href="http://www.counselling-&lt;br/&gt;psychology.com/">http://www.counselling- psychology.com/</a></p>	
<p><b>Additional Support:</b></p>	<p><b>Blurb:</b> Michelle Mackin is trained in a number of psychological approaches including counselling, cognitive behavioural therapy, transactional analysis, cognitive analytic therapy, and EMDR.</p> <p>She will work flexibly depending on your needs. The focus may be on addressing ways of managing stress, or on developing an understanding of your relational patterns which may impact on your work.</p> <p>She can also offer therapy for specific issues such as trauma, bereavement, anxiety problems or depression.</p>

## Peter Duffel


<p><b>Based:</b> Nottinghamshire</p> <p><b>Support:</b> Coach</p> <p><b>Contact:</b> E: <a href="mailto:peter@westwoodcoaching.co.uk">peter@westwoodcoaching.co.uk</a> T: 0194 9851008 W: <a href="http://www.westwoodcoaching.co.uk">www.westwoodcoaching.co.uk</a></p>	
<p><b>Additional Support:</b></p> <ul style="list-style-type: none"><li>✓ Skype</li></ul>	<p><b>Blurb:</b> Peter can provide coaching to individuals in a number of key areas, based upon over 30 year's business experience in leadership and management. He particularly focuses on coaching in the areas of leadership, personal impact and developmental coaching; which encompasses new to role, addressing challenges in current role or preparing for new roles as part of career development. He has a client-centric approach to his work, with a clear focus upon what the client needs from their coaching.</p>



## Sarah Dale

<p><b>Based:</b> Nottingham</p> <p><b>Support:</b> Coaching Psychologist</p> <p><b>Contact:</b> E: <a href="mailto:sarah@creatingfocus.org">sarah@creatingfocus.org</a> T: 07748 494688 W: <a href="http://www.creatingfocus.org/">http://www.creatingfocus.org/</a></p>	
<p><b>Additional Support:</b></p> <ul style="list-style-type: none"><li>✓ <b>Skype</b></li></ul>	<p><b>Blurb:</b> Sarah Dale is a registered and chartered occupational psychologist based in Beeston. As a Fellow of the International Society for Coaching Psychology, she specialises in one to one coaching work with professional people (including doctors and healthcare professionals). Clients can expect safe space for conversations that can help to make sense of current situations and patterns as well as exploring ways of making good decisions going forward. Sarah also delivers workshops and talks on psychological themes including resilience at work.</p>

## Sarah Palmer

<p><b>Based:</b> Leicestershire</p> <p><b>Support:</b> Coaching</p> <p><b>Contact:</b> E: <a href="mailto:sarah@sarahpalmercoaching.com">sarah@sarahpalmercoaching.com</a> T: 0116 318 3535 W: <a href="http://www.sarahpalmercoaching.com">www.sarahpalmercoaching.com</a></p>	
<p><b>Additional Support:</b></p> <ul style="list-style-type: none"><li>✓ <b>Skype</b></li><li>✓ <b>Courageous Conversations</b> (Course for Supervisors)</li></ul>	<p><b>Blurb:</b> Sarah Palmer offers a specialist coaching service for the professional development of trainee doctors and healthcare professionals looking to maximise their potential. She will offer a truly eclectic highly confidential approach to coaching using a full spectrum of tools, techniques and psychological approaches that help improve performance. She has been successful in helping trainees to pass their CSA and VIVA exams.</p>

## Sally Bernham

<p><b>Based:</b> Northampton</p> <p><b>Support:</b> Coaching</p> <p><b>Contact:</b> E: <a href="mailto:sally.bernham@idyia.co.uk">sally.bernham@idyia.co.uk</a> T: 01604 847589 W: <a href="http://www.idyia.co.uk">www.idyia.co.uk</a></p>	 A portrait of Sally Bernham, a woman with short blonde hair, smiling. She is wearing a purple top and a necklace with dark beads. The background is a solid light blue color.
<p><b>Additional Support:</b></p>	<p><b>Blurb:</b></p>

## Stephanie Brincat

<p><b>Based:</b> Leicestershire</p> <p><b>Support:</b> Tutor (SLD)</p> <p><b>Contact:</b> E: <a href="mailto:stephbrincat@aol.com">stephbrincat@aol.com</a> T: 0145 5273486 W:</p>	
<p><b>Additional Support:</b></p>	<p><b>Blurb:</b></p>

## Sue Daly

<p><b>Based:</b> Nottingham/Lincolnshire</p> <p><b>Support:</b> Coaching</p> <p><b>Contact:</b> E: <a href="mailto:sue@resolutions-for-change.co.uk">sue@resolutions-for-change.co.uk</a> T: 01636 525 786 W: <a href="http://www.resolutions-for-change.co.uk/about.htm">http://www.resolutions-for-change.co.uk/about.htm</a></p>	
<p><b>Additional Support:</b></p> <ul style="list-style-type: none"><li>✓ <b>Managing Stress and Anxiety</b> (Course for Trainees)</li><li>✓ <b>Skills for Supporting Trainees</b> (Course for Supervisors)</li><li>✓ <b>Skills for Supporting Trainees</b> (FPCS)</li></ul>	<p><b>Blurb:</b> Sue Daly has been supporting doctors and healthcare professionals through the PSU since 2009. She specialises in helping people to develop the confidence, belief and skills to live and work effectively and to achieve their full potential. Key themes in her coaching include assertive communication, managing stress, study and exam techniques, time management and prioritisation. Sue also delivers workshops around these themes to develop awareness, understanding, and provide practical tools and techniques.</p>