

Launching Group

Coaching Cohort One – Pathways to Career Satisfaction



For some of us, sometimes we can't help but feel drained, disengaged, or at a crossroads in our career. Sometimes this might be about balance, sometimes it could be that things aren't moving at a pace you'd like. Or sometimes, it could be a lack of clear direction for the future. If you feel that you'd like to re-invigorate your thinking so that you can move towards achieving greater career satisfaction, then this might be the programme for you.

By joining our **Career Satisfaction Group Coaching Programme**, we can help you to rediscover meaning in your work, gain clarity on your professional path, and take actionable steps toward a more fulfilling career.

What does career satisfaction mean to you? It might come down to a need to:

- ✓ Re-define your values and how they relate to your working life
- ✓ Achieve the balance that works for you
- ✓ Understand your vision of your future career and how that fits your life
- ✓ Establish the boundaries that will make it work for everyone

By the end of the programme, participants will:

- Reconnect with what drew them to medicine in the first place
- Understand their core professional values and how to align with them
- Identify what's missing or misaligned in their current role
- Explore new directions — whether within or beyond clinical practice
- Develop a personalised roadmap for their next career move
- Feel supported, energised, and empowered in their next steps

Is it for me?

This cohort is for: -

- Clinicians (doctors, nurses, allied health professionals) feeling *disengaged, stuck or unsure* about the future
- Those contemplating a shift in specialty, role, or work-life balance
- Professionals who love patient care but feel *disconnected or exhausted*
- Anyone exploring **what's next** but lacking clarity or support

Whether you're early in your career, mid-path, or approaching a transition point, this group will meet you where you are.

When will Coaching Sessions take place?

IMPORTANT: You'll need to make yourself available for coaching sessions at 4.30pm for 90 minutes on each of the following dates:-

- ✓ Tuesday 25th, November
- ✓ Tuesday 16th December
- ✓ Tuesday 6th January
- ✓ Tuesday 27th January
- ✓ Tuesday 24th February
- ✓ Tuesday 17th March

How do I apply?

Simply click on the link below, answer a few simple questions and submit.

<https://eu.surveymonkey.com/r/H82KX22>

The closing date for applications is **FRIDAY 3 OCTOBER 2025**. **Successful applicants will be notified via email by Friday, 10th October.**

Still not sure if it's for me?

We're running a **taster session** online at **4pm on Friday, 19 September**. This session will allow you to meet the coaches, hear some of the ways in which we would work with you, and enable you to ask us any questions you may have before you commit.

Please email hello@theclarityhub.co.uk to register.

