



BUILDING SUPPORTIVE NETWORKS THROUGH COACH AND MENTOR SKILLS TRAINING

Keywords (3 words):

Coach, Support, Training

Background, Aim & Objectives (50 words):

UBC CPD's Coaching and Mentoring Program (CAMP) fosters peer connections in rural BC to improve practice, increase confidence, and facilitate connections between rural colleagues. Coaches and mentors are the backbone of peer support delivery and it is important they have the tools they need to support their peers.

Methods (100 words):

Expert coach facilitators lead monthly virtual skills training sessions to ensure coaches and mentors have the tools, resources, and support they need. These sessions provide the opportunity for participants to connect with colleagues in the program, and learn and develop key coaching and mentoring skills. There are a number of factors that have led to the success of these sessions, such as creating a safe space for participants to share, utilizing virtual breakout rooms, building an engaging and inclusive small group learning environment, and giving participants access to self-paced lessons and resources on the CAMP Online Portal.

Results (100 words):

Coaches and mentors reported numerous benefits from participating in monthly virtual skills training sessions, including enhanced coaching and mentoring skills, increased confidence in their roles as a coach or mentor, and stronger relationships with their peers. Participants learned useful approaches for coaching and mentoring that allowed them to be more effective when supporting a colleague. Through learning and practicing skills, and having a platform to share stories and ask questions, participants felt better prepared to be a mentor or coach.

Conclusion and Recommendations (30 words):

Developing CAMP coach and mentor skills, confidence, and peer networks gives them the tools to not only become better coaches and mentors, but to be better health care professionals.