



## Jan Harley-Doyle Cert Ed, MA, FCMI

Jan Harley-Doyle, who is both a Londonwide LMC Associate and the Academic Adviser for their Practice Manager Development Programme, offers a range of consultancy, mentoring and training services for staff working in General Practice. Jan has extensive primary care management experience as well as a solid background in training.

Jan set up her company LifeStyle Options® in 2009, initially to provide coaching services, but she now badges all her NHS and private services under this corporate umbrella.

Jan's corporate strap line is: "discovering aptitudes, realising potential" and this is the raison d'être of all her services.

**COACHING AND MENTORING** (individual support contracts):

Through a combination of coaching and mentoring Jan helps clients achieve self-knowledge, clarity of purpose and life balance, especially at times of transition or crisis.

Her 27 years' experience in the NHS and her training in a wide range of therapeutic interventions and approaches, enables her to tailor programmes to address issues in both their personal and professional lives.

**CONSULTING**

Jan provides consultancy services directly to practices. This intervention usually takes the form of a) assessing current management, leadership and operational systems b) identifying/clarifying problem areas and c) working with the practice to develop and implement an improvement strategy. It may also include coaching/mentoring or training specific staff members or teams.

**TRAINING**

Prior to joining the NHS, Jan worked as a teacher/trainer in both state and private organisations. She then brought this skill to her health service colleagues as a sessional lecturer at Queen Mary's School of Medicine and Dentistry, and directly to various primary care organisations.

Currently Jan specialises in providing training to Practice Managers and is able to offer a wide range of generic management, leadership and professional development topics, including:

The Power of Mentoring

Visioning and Goal Setting

Making Every Moment Count

Effective Communication

Recognising and Reducing Stress in the Workplace

Thriving in the Midst of Change

Jan can also tailor courses to the specific needs of her clients.

**SPEAKER/PRESENTER**

Jan presents and chairs at national management conferences and is available to speak at events in the London region. Jan utilises her breadth of work and life experience in order to encourage personal and professional development.

Contact details:

LifeStyle Options Kemp House 152 City Road EC1V 2NX Telephone: 020 3239 8766 Email: [jhd@lifestyleoptions.co.uk](mailto:jhd@lifestyleoptions.co.uk)

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