



# Londonwide LMCs

The professional voice of London general practice

## Free leadership coaching available for practice teams in London

The London Leadership Academy, a pan-London leadership development organisation, working across all NHS organisations offers a free coaching service for GPs and practice team members working in the NHS.

Recent research points out the huge personal benefits to coaching clients, particularly at times of change. People might see a coach support transition into a new role, to achieve their goals, or to explore new ways of approaching issues.

Common benefits people experience from coaching include:

Better performance

Improved sense of direction and focus

Increased knowledge of self and self-awareness

Enhanced ability to relate to and influence others

Stronger motivation

Improved performance effectiveness

Increased resourcefulness

More confidence

Visit the [LLA's website](#) if you would like to take advantage of this free coaching offer.