

START YOUR JOURNEY LEEDS

A guide to your support and development as a new employee

Welcome to Team Leeds! As you approach your first year working in health and care, it's important that you feel supported. The opportunities described below are all free to access, and have been created to meet your needs as a new starter.



Your Mentor

Your Peer Mentor is here to support you in lots of different ways. They will be your critical friend, someone who has worked in a similar environment to you that you can talk about your experiences with. They can also advise on the different progression paths available to you, and can work with you to help you develop and progress.



Your Wellbeing

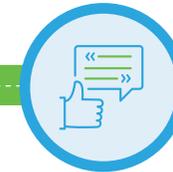
The support you provide for people through your work is so valuable, but to do this effectively, you must prioritise your own wellbeing.

To support you in this, there is wellbeing and resilience support available to you that can help you to recognise your own personal warning signs, and what to do when you notice them.



Your Network

Starting a new role can be daunting, and sometimes it helps to know that you're not the only one. New people are joining Team Leeds every single day, and that provides us with the opportunity to introduce you to people who are in a very similar situation.



Your Communication

Communicating with people when they're in a vulnerable position can be really daunting, but when it's done well it can make a world of difference to that individual.

You can access a short development session from Better Conversations that will support you in communicating with service users or patients to underpin person centred care, develop your skills in tackling challenging conversations, and communication in emotionally charged situations.

For further information on, or to access any of the above opportunities, please register your interest via this [online form](#).