

Working With Cancer Testimonial

I received 6 sessions of coaching with Working With Cancer, and I found it invaluable for helping me psychologically as I got back to work after breast cancer.

I initially met with my coach in person over a coffee, to get to know each other and discuss where I was at post-treatment and in my journey back to work. After this, we met on Skype at flexible regular intervals and I found this convenient for fitting around my life. During my first session we discussed how the journey back to work and normal life is not a straight road, which encouraged me when I was struggling. We set coaching goals together, which helped me at the end of my sessions to realise my progress.

I was given some optional homework which I found particularly useful; the Life Map task helped me to visualise my life as a balance of many aspects, with work being only one of these. The Work Values exercise guided me to realise what I wanted from work, and therefore what I needed to change to fulfil my values. It has helped me to choose a specialty that fulfils and benefits me as a whole person.

Another exercise was to write down my strengths, which I found surprisingly challenging but incredibly helpful in building my confidence at work. Work is now more enjoyable because I believe I deserve to be there and am a valuable team member.

WWC coaching has also given me assurance in my rights as someone who has had cancer. Before the coaching, I was feeling subconsciously guilty for taking my time in coming back to work, taking days off to attend appointments, and asking my employer for reasonable adjustments to protect my health. I have not felt disabled as a result of my cancer, but knowing I have the same rights in employment law as someone with a disability has helped dispel this guilt.

Overall, my coaching with Working With Cancer has been vital in helping me get back to work in a way that has protected my mental and physical health. I actually feel more confident and satisfied in my work than I did before I had cancer! I am so grateful to my coach, WWC and SAMF for facilitating this.

Dr G, Senior House Officer, South Coast England.