**Biography for Dr Sarah Coope**

**MBChB MRCGP DRCOG Dip.Coaching, NLP Practitioner, Accredited Mediator.**

Sarah completed a degree in medicine at Edinburgh University in the late 1990’s and qualified as a GP in 2002. She has worked and lived in East Yorkshire since then and now has a portfolio career comprising of salaried GP work, GP appraisals and is Named GP for Safeguarding Children for Hull CCG.

Her passion is learning and teaching communication skills and she facilitates Communication Skills training workshops for the MDU and is also regularly involved in presenting on Leadership/Management training days for the Yorkshire and Humber Deanery.

Sarah has coached many health professionals covering a wide range of areas; including career planning, conflict resolution, anger & stress management , boundary and relationship issues and professionalism.

It was a natural next step, therefore, for her to become qualified as a Mediator to complement her coaching skills and work. This has enabled Sarah to be able to offer mediation between individual clinicians or managers (in a hospital trust or GP practice), and/or working with a team with the aim of bringing about resolution where there is dispute or relationship breakdown.

Sarah is a fully-accredited mediator registered with the CMC.

