

Resiliency coaching for physicians

The practice of medicine has always been demanding and entailed personal sacrifice---but in the past, most physicians found that the rewarding nature and perks of the job outweighed its less satisfying aspects.

Recent changes in healthcare have shifted the balance for many physicians, who are experiencing decreased job satisfaction, increased stress and in some cases burnout---with downstream negative effects on work relationships and patient care.

Physicians cite decreased autonomy, increased accountability, reduced patient face time, dwindling revenues, and issues with electronic medical records and billing codes as examples of stressful changes they are facing. Since most of these items fall outside their locus of control, many feel powerless to improve their job satisfaction and well-being.

Resilience is the ability to withstand life and work stresses, and to bounce back from difficult situations and events. We assist physicians in recognizing that the power to develop resilient behaviors and increase energy, well-being and satisfaction at work lies within them. We assist them in setting goals for stress reduction, stress management, and offer a roadmap for successful work-life balance.

We offer individual physicians a structured six (6) part coaching series focused on the following areas:

- **Overview of resiliency and well-being:** Review of the neuroscience and physiology of stress and burnout, and how we can “retrain” our brain to be more resilient.
- **Self-care:** Physicians are assisted in identifying personal opportunities and barriers to practicing self care. This includes the setting of SMART goals for self care – specific, measurable attainable, realistic and timely in nature.
- **Maintaining mental and emotional health:** Individuals learn how to clear the mind of worries, doubts and regrets by the use of gratitude, acceptance, forgiveness, attentive observation, meditation, positive self-reinforcement, and self-empathy.
- **Relationship building:** Personal and work relationships are engaged to support and build resiliency. Special attention is given to the practice and benefits of assertive communication, and developing empathy for others.
- **Sustaining change:** Follow up coaching sessions are designed to support changes made and consider new activities and strategies as participants develop a more healthy and satisfying lifestyle.

\$1750 for 6 sessions

Provided by video conferencing or telephone

Brief phone and email support between sessions included