



Academic
Coaching
Collective

SUPPORT • SUCCEED • SUSTAIN

Physician Led Coaching
for Physicians in Training

The Concern

BURNOUT

Burnout affects 40-80% of resident physicians, impacting personal health, professional sustainability and patient care

The Solution

Coaching has been shown to be an antidote to burnout

Integrating coaching into residency training provides opportunity to:

- Support the struggling
- Empower the enthusiastic
- Create a culture of encouragement



Coaching Is:



✓ Not Therapy

✓ Confidential

✓ Not Advising

✓ Professional, Not Hierarchical

✓ Not Mentoring

✓ Systematic & Personalized

A Coach:



Values the physician as whole, capable & resourceful



Helps discover intentional goals



Acts as a personal trainer for the mind



Holds space for all possibilities

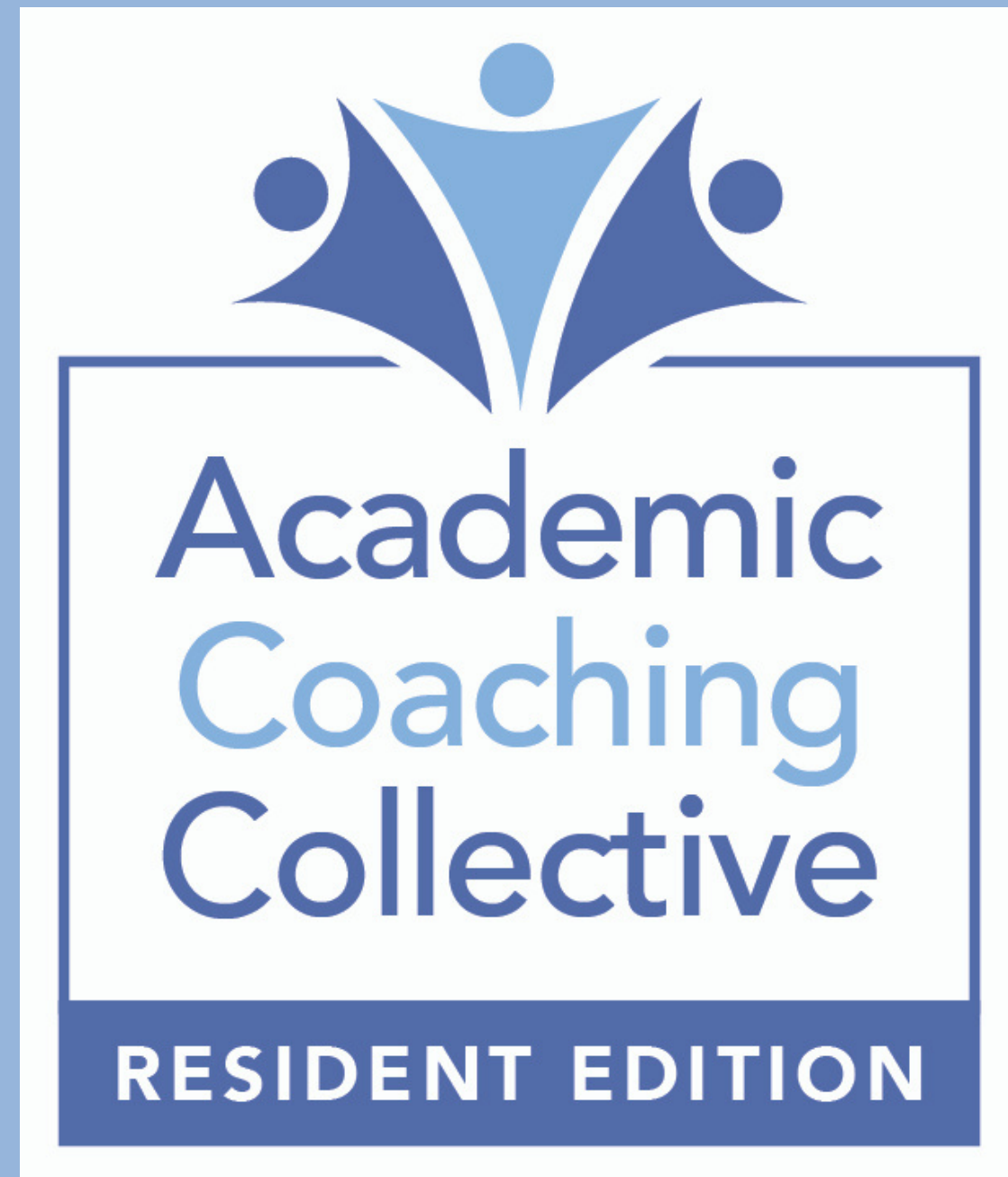


Points out blind spots



Jointly navigates the journey

What We Offer



Development of customized curricula and coaching services to your programs unique needs

An experienced group of physician coaches to help your residents realize their highest potential

Topics ranging from burnout prevention, goal setting, time management, efficiency, diversity and inclusion, and many more

Who We Are

Board certified physicians with more than 50 years of clinical experience

Instructors and administrators with experience as clinical faculty, program directors, preceptors and mentors

Trained physician coaches experienced in curriculum development and program implementation

Collaborators connected with physician coaches and topical experts nationwide



Michele Dorfsman, M.D.



Tonya Caylor, M.D.



Amelia Bueche, D.O.



How It Works

- 6-Week Program
- Pre- and Post- Program Quality of Life Analysis
- Once Weekly Teaching with Group Coaching
- Option for 1:1 Coaching Sessions
- Group sessions recorded for review on demand



Investment

- \$2500 for Teaching & Group Coaching Only
- \$7000 for Teaching, Group Coaching & 20 1:1 Sessions (total for group)
- Additional 1:1 can be added in blocks of 5 for \$1250
- Continuity options available



How it Helps

- Residents will uncover the power to find success, contentment, ease and even joy in any situation
- Residents receive a custom educational experience cultivating skills that can be used in every patient encounter, at work, at home, and in the navigation of the transition in between
- Faculty are supported with eased burden of management, liberated to spend time in their zone of genius teaching and mentoring residents



Next Steps

- Send questions to academiccoachingcollective@gmail.com
- Initiate needs assessment to support curriculum development specific to your program's needs
- Engage residents for participation
- Begin the program and bring health to medicine!

