

COACHING FOR INSTITUTIONS

Bringing Health to Medicine

Customized CME for Prevention and Treatment of Burnout

PURPOSE

Coaching:

- Has been shown to be both an antidote and potent preventative to burnout
- Enriches experience of personal and professional health
- Offers tangible tools for physicians to gain control of their experience
- Empowers physicians to take better care of themselves and patients
- Helps physicians create a reproducible process to support a sustainable career
- Is an intervention to address systemic challenges
- Creates opportunity for contentment, satisfaction and success in any situation

OBJECTIVES

- Recognize signs of and risk factors for burnout
- Identify triggers of stress, frustration and fatigue
- Create an action plan to recover from and develop immunity to burnout
- Realize the ability to find success and satisfaction in any situation
- Integrate mind, body, and spirit for optimal health

METHODS

- 12-Week Program
- Approved for 24 1-A AOA & AMA CME Credit Hours
- Combination of Group Teaching Sessions, Small Group & 1:1 Coaching
- All Accessible via Zoom with Flexible Scheduling & Recordings Available
- Communication with Senior Leadership for Customization to Institutional Needs

INVESTMENT

- \$5,000 per participant for 12-week course
- Accessible through CME Allowance/Budget
- Opportunity for focused Senior Leadership Coaching
- Teaching and coaching provided by trained physician coaches
- Group discounts available

CURRICULUM DETAILS

Group Teaching Sessions

Introduction of Weekly Topic - Expanding Personal Awareness - Cultivating Action Inquiry

Group Coaching

Investigation of Weekly Topic - Exploring Practical Application - Considering Action Items

1:1 Coaching

Integration of Weekly Topic - Engaging Purposeful Adaptation - Creating Action Implementation



ASSESS

Take inventory of what is

ACKNOWLEDGE

Clarify relationship of what you observe

AWAKEN

Recognize the energy

ALLOW

Embrace what is present

ACCEPT

Noticing there is no right or wrong

APPRECIATE

Gain insight as to why this is present

APPROVE

Realize the success you've experienced with what is

ALIGN

Orient to the results you seek

ADVOCATE

Become your own ally

ACCELERATE

Notice the engagement of the whole system

APPLY

See the potential everywhere

AMALGAMATE

Review the process

This progression of stages empowers each individual to create a reliable process to solve any problem and reach any goal. They can be adapted to specific institutional concerns and support personal and professional development.

CONTINUITY CHOICES

- Course Completion Creates:
 - Increased: confidence; efficiency at work, connection in relationships; satisfaction in all situations; contentment; clarity on goals
 - Decreased: stress; overwhelm; procrastination; frustration; fatigue
 - Tools to last a lifetime
- Coaching in a variety of forms can support continued success
- Coaching for Institutions offers options for continuity to meet the needs of the individual and the institution to support on-going progress.

JOIN/CONTINUE

- Flagship CME program can be run quarterly
- Option for new enrollees to join and returning participants to continue
- Additional learning objectives and Action Inquiry questions available for graduates
- Once maximum discount has been achieved by overall institutional enrollment, this will be extended to all enrollees of subsequent cohorts

LEVEL UP

- 12-week CME program with expanded curriculum
- Featuring guest speakers across medicine and coaching specialties
- Building on concepts from the Activation Process with similar program framework
- Investment \$5000 per participant - not eligible for group discounts

GROUP

- Combination of concept review with group coaching in a single session
- 75-Minute sessions held weekly x 6 weeks
- \$2500 per 6 week session - no cap on number of participants in group
- Additional groups can be added to create a more intimate engagement and provide options for flexibility in session scheduling - \$1500 per additional group

INDIVIDUAL

- Graduates of the flagship program may elect to work 1:1 with a coach
- If reserved within Coaching For Institutions, rate of \$3000 per 12-sessions is guaranteed
- Sessions are 45-minutes in duration and are to be completed within 14-weeks of initiation
- These are to be completed with the same coach, selected by the enrollee
- The enrollee is free to inquire and hire coaches independent of CFI, rate is not guaranteed