



Physician Coaching

6 Reasons You Should Be Using LifeBridge

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Professional and personal coaching has become increasingly popular in recent years. People are using coaches to help advance their careers and leadership skills. Physicians may benefit specifically from working with a coach, as studies show it can decrease symptoms of burnout by increasing self-awareness. Oftentimes, physicians can get stuck in "tunnel vision" leading to negative thinking patterns. Coaches are trained to help the individual broaden their perspective and deepen their understanding of how and why they function a certain way.

1

Build Social Support



Studies have shown that most physicians would prefer to receive support from colleagues. Peer coaching provides the added benefit of working with another local Nebraska physician. Our coaches have a wide range of experience in many situations common to the physician profession. Since they have "been there and done that," you don't have to spend time explaining your role as a physician.



2

Have a Sounding Board

Physicians go through many transitions throughout their career that require dedicated reflection. By LifeBridge, physicians can benefit from a knowledgeable, empathetic, and confidential ear. Coaching allows for reflective listening, feedback, and insight. If you're struggling to move decisions forward, the LifeBridge coaches can help do just that by asking powerful questions, summarizing, and reflecting.

3

Personal Growth



Whether you are looking to find more meaning in your work by aligning your values or are looking to improve efficiency and build leadership skills, LifeBridge can help. Our coaches have a number of tools to help you achieve those goals you have been meaning to address.



4

Strengthen Relationships

Understanding your personality and communication style is the first step in identifying breakdown of relationships. Knowing your strengths and areas for improvement can help you effectively work with different types of people. Practice these techniques by working with a coach.

5

Address Workload



As leaders of the healthcare team, it is often hard for physicians to say "no." Learn how to prioritize, delegate, avoid overscheduling, and set expectations. Working through goal setting and establishing roles and responsibilities can help curb additional administrative functions and keep your workload manageable.



6

Engage in Self-Care

"If not now, when?" Physicians know they should eat right, exercise, get enough sleep, and engage in overall self-care. but this often gets put on the backburner with a demanding career and trying to balance your personal life. Coaches can help identify barriers you might be facing to stick with healthy habits. You can't provide the best care for your patients if you don't care for yourself.

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