

Tools for Wellness: Peer Connection and Coaching



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The field of medicine is one that is highly demanding, with long hours, high-stress situations, and intense workloads. As such, it is essential that physicians take care of themselves both physically and mentally.

A study published in the Journal of the American Medical Association found that physician burnout is associated with decreased patient satisfaction, increased medical errors, and increased risk of malpractice suits.¹ Physician wellness is an essential component of the overall well-being of the medical profession, and it is critical that physicians have access to resources and support systems that can help them maintain their wellness. Two tools essential to overall wellness are peer connection and coaching.

Peer Connection

The concept of peer connection is a vital component of physician wellness. Physicians who have strong peer connections tend to experience less stress and burnout and are generally more satisfied with their work. This is because peer connections provide a sense of belonging, which is essential for overall well-being. Physicians who feel connected to their peers are more likely to be happy in their jobs and to feel a sense of purpose in their work.

There are several ways in which physicians can develop peer connections. One of the most effective ways is to participate in professional organizations and associations, such as the Nebraska Medical Association. A survey by the Physician Foundation found that physicians who participate in professional organizations report higher levels of engagement and job satisfaction.²

These organizations offer physicians the opportunity to connect with others in their field, share ideas, and learn

from one another. In addition, these organizations often host events and conferences where physicians can network and socialize.

Another way for physicians to develop peer connections is through social media. Platforms like Twitter and LinkedIn offer physicians the opportunity to connect with others in their field, share information and insights,

and build relationships. Social media can be an effective way for physicians to stay connected with their peers even if they are unable to attend conferences or other

events. Follow LifeBridge on Facebook, Twitter, and LinkedIn!

Coaching

Coaching is another critical component of physician wellness. Coaching is a process in which a coach works with a physician to help them identify their strengths and areas for opportunity and to develop strategies for improving their performance. Coaching can be an effective way for physicians to overcome challenges and to develop the skills they need to succeed in their careers. A survey by the American Medical Association found that physicians who participate in coaching programs report improved job satisfaction, increased self-awareness, and improved communication skills.³

One of the primary benefits of coaching is that it provides physicians with a safe and supportive environment in which to explore their thoughts and feelings. Physicians who are experiencing stress, burnout, or other challenges can benefit greatly from having a coach who can help them work through these issues in a non-judgmental and supportive way.

Coaching can also help physicians to develop the skills they need to succeed in their careers. For example, a coach can help a physician to develop better communication skills, to manage their time



more effectively, or to improve their leadership skills. By developing these skills, physicians can improve their performance and enhance their overall job satisfaction. According to a survey by the Accreditation Council for Graduate Medical Education, 92% of residents and fellows reported that coaching would be helpful in their professional development.⁴

Another benefit of coaching is that it can help physicians to develop a sense of purpose and direction in their careers. Many physicians feel overwhelmed by the demands of their jobs and may struggle to find meaning in their work. A coach can help a physician to identify their values and priorities and to develop a plan for achieving their goals. By doing so, physicians can develop a sense of purpose and direction in their careers, which can help to reduce stress and increase job satisfaction.

In conclusion, physician wellness is a critical component of the overall well-being of the medical profession. Peer connection and coaching are two essential components of physician wellness. Peer connections provide physicians with a sense of belonging, which is essential for overall well-being. Coaching can help physicians to overcome challenges, develop the skills they need to succeed, and find meaning and purpose in their work. By investing in peer connections and coaching, physicians can improve their overall well-being and enhance their performance in their careers.

For more information on coaching, contact Lindsey Hanlon with LifeBridge at (402) 413-2060 or lindseyh@nebmed.org.

RESOURCES

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