



Greetings NMA Members,

The Nebraska Medical Foundation (NMF) is proud to support the LifeBridge Nebraska coaching program for physicians. The NMF promotes the wellness and health of physicians, who play a critical role in providing healthcare to the citizens of the State of Nebraska. LifeBridge Nebraska is designed to support physicians in enhancing their personal and professional growth, improving their work-life balance, and achieving greater fulfillment in their careers. This not only benefits the physicians themselves but also translates into better patient care and improved healthcare outcomes for the citizens of Nebraska.

By offering the LifeBridge Nebraska coaching program, we are also investing in the future of healthcare in Nebraska. By supporting physicians in their personal and professional growth, we are helping to develop a strong and resilient healthcare workforce that can continue to provide high-quality care for years to come.

Coaching is an effective tool for personal and professional development, and physicians can benefit greatly from this type of support. Coaching can help physicians improve their communication skills, enhance their leadership abilities, increase their job satisfaction, and reduce burnout. Additionally, coaching can provide physicians with the support and guidance they need to navigate difficult situations and make important decisions.

The LifeBridge Nebraska coaching program is available to all Nebraska-licensed physicians, fellows, and residents. The program is offered at no cost and includes a series of one-on-one coaching sessions with a peer physician coach. The program is completely confidential, and physicians can expect a safe and supportive environment to explore their goals and challenges.

To connect with a LifeBridge Nebraska coach, please contact the confidential line at 1-888-569-2036. For more information about the program, the LifeBridge Nebraska team can provide you with more information by contacting Lindsey Hanlon at (402) 413-2060 or lindseyh@nebmed.org.

We encourage all physicians to take advantage of this opportunity to invest in their personal and professional growth. The NMF is committed to supporting all physicians and helping them achieve their goals, and we believe that the LifeBridge Nebraska coaching program is an excellent resource to help physicians thrive in their careers.

Sincerely,

A handwritten signature in black ink that reads "Michael F. Rapp".

Michael Rapp, MD
Chair, Nebraska Medical Foundation