

LifeBridge™

Nebraska's Physician Wellness Program

COACHING • MENTORING • EDUCATION



HOW CAN COACHING HELP?

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

2 Have a Sounding Board



Physicians go through many transitions throughout their career that require dedicated reflection. Coaching allows for reflective listening, feedback, and insight.

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.

4 Strengthen Relationships



Understanding your personality and communication style is the first step in identifying breakdown of relationships. This can help you effectively work with different types of people.

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.

6 Engage in Self-Care



Physicians know to eat right, exercise, get enough sleep, and engage in self-care, but this often gets put on the backburner with a demanding career and trying to balance your personal life.

FIND OUT MORE TODAY!



1-888-569-2036



www.lifebridgenebraska.org