

# Unlocking the Power of Physician Coaching: A Lifeline for Career and Personal Growth



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So, what’s this coaching all about? Many times, physicians don’t think about how they could use a coach throughout their career. Having had a coach myself throughout my professional career and having

been a coach now for four years, let me shed some light.

For me personally, coaching has helped me make decisions about my career path, balance my family and career time, and navigate sticky situations at work. I have learned about myself, my tendencies, and the way I show up in the exam room and in the board room. I am grateful for having the opportunity to be coached throughout my career and paying this forward is just one of the reasons I am involved in LifeBridge.

First, coaching isn’t counseling. While we do get into the thick of things, counseling is not our role. However, we make referrals and work with anyone in need of counseling, be it individual, family, or marriage. We will unconditionally support and cheer you on through this while working on other aspects of what you may need from a coaching role.

Second, so many of things that physicians call for are just things needing a safe place to land. Somewhere that is confidential, non-discoverable, protected from the law, and all in on “team you”. These range from receiving negative feedback, getting a first or any lawsuit, disagreements with partners, too much time in the EHR, and the list goes on. Sometimes, it is a career transition, leadership role consideration, navigating a leadership role, or just a sounding board. In any case, we are here.

We talk about burnout and things that have caused it and provide a place of listening and validation. On other calls, we’ve helped evaluate contracts and where they

can improve them, ask for titles, more compensation, or items they wish were in the contract, especially when it is a new contract. We help give the language to approach conversations that they may not have the words or insight for. We transition careers both back to patient care and into leadership roles. In the leadership roles, we’ve helped them understand the type of leader they are, how to effectively manage, set goals and run meetings. This

has been key for helping physicians stay in leadership roles as well as general support. We have tools such as the DISC that can be done with the physician for

free. We can interpret these and help them determine many insights about who they are and how they show up in the world to better enlighten them.

We’ve helped some physicians retire by enabling them to have the necessary conversations and gradually step back from their duties. Sometimes, the guilt associated with leaving a practice is overwhelming. We are here to help provide the context, ideas, and suggestions to make that transition easier and more joyful as you prepare for the next chapter.

We look at the whole person, not just the physician. We care deeply about the well-being of each physician so they may live their best life. We have a variety of tools at hand to do this. One such tool we occasionally use is the Life Circle to look at all aspects of your life and have you rate where you are in each domain. It helps us form a basis for which areas to include in our discussions.

My pitch to you: Coaching could be a game changer, perhaps a life changer! We hope so! If you are licensed in the state of Nebraska, this incredible resource is free to you! We have a variety of coaches, and we stand ready to help.

Free, confidential, any topic, we are here. You just have to make the call at 1-888-569-2036. For more information on the program, email Lindsey Hanlon at lindseyh@nebmed.org. □

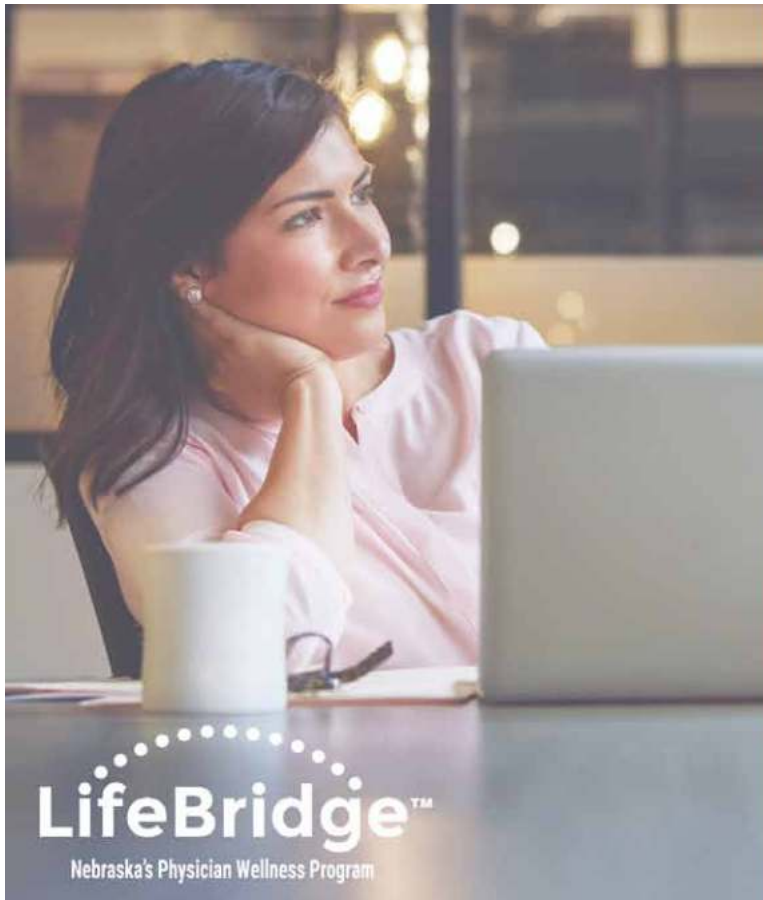


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