As a physician, you face challenges with personnel, regulatory issues, work/life stress, litigation and more.

Your challenges may seem unique, but fortunately, you have physician peers who have walked in your shoes and understand the issues you face.

Physician Peer Coaching supports physicians who face business leadership challenges or are dealing with the inevitable stressors that are part of a clinical career. Peer coaching is completely confidential and is free to you as part of your Physician Wellness Resources benefit. You can talk to a peer coach about any issue you wish to explore.

How does Peer Coaching work?

Physician peer coaching is frequently done over the phone – usually with coaches from other locations. Face-to-face coaching sessions are also available, depending on your location. On your initial call, you’ll speak to a VITAL WorkLife senior consultant who will facilitate your first session.

When should I use a coach?

Your peer coach can serve many roles:

- A sympathetic listener
- A sounding board for ideas
- A coach for difficult conversations
- A referral source for additional services
- A mentor who can help you brainstorm possible solutions and hold you accountable

What about confidentiality?

The program is designed to ensure confidentiality. You decide how to use any suggestions your coach might make. Peer coaching is a resource to enhance your life and practice, and not another level of stress to manage in your life.

“Our physician peer coaches come from a variety of specialty areas across the country. For this reason, they understand the challenges you face. Once you engage with a coach, you will be able to draw on this resource whenever you have a question or concern.”

Liz Ferron MSW, LICSW
Senior Consultant
VITAL WorkLife

Pathways to Well Being
877.731.3949 | VITALWorkLife.com
What issues are addressed?
The program supports the myriad of issues that come up in a medical practice. These include:

**Leadership**
- Taking a more active role
- Working with teams
- Confronting higher-ups
- Feeling ostracized by staff
- Dealing with a difficult colleague

**Work/Life Balance**
- Not enough time for yourself or family
- When is it time to retire
- Stress
- Feeling burned out
- Stress relief methods
- When challenges keep getting harder to handle
- Working effectively during litigation

**Time Management**
- Strategies when work keeps piling up
- Business management
- Working with fewer resources
- Growing or shrinking a practice

**Technology**
- Struggles with the demands of EHR

**Emotional Issues**
- When losing a patient doesn’t get easier
- When to ask for help

Your Physician Wellness Resources Benefit
Your Physician Wellness Resources benefit is offered to you by your employer. Your benefit includes unlimited physician peer consultation by telephone. Peer coaching is available to the physician covered by the benefit.

You and your family members can also receive free, face-to-face counseling with master’s and doctorate level professionals.

There’s no obligation. You can call simply to learn about the program, or use peer coaching once, or use it on a regular basis.

Peer Coaching at Work:
**A physician facing a malpractice suit** wanted to talk to someone who had lived through the same experience. Her peer coach helped her “normalize” her emotions, educated her on what to expect in the litigation, and worked with her on a plan for self-care.

**An experienced foreign-trained physician** had to “re-do” basic education for credentialing. A physician peer coach who understood immigrant clinical issues helped him deal more effectively with issues around professional image, cultural communication, and perceived attitudes from others.

Call VITAL WorkLife at 877.731.3949, anytime – day or night, for the support you and your family need.