

Pause & Presence Mindful Physician Buoyancy Coaching Program

In support of improving patient care, this activity has been planned and implemented by Continuing Education, Inc. and Pause & Presence, LLC. Continuing Education, Inc. is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Continuing Education, Inc. designates this live activity for 12 *AMA PRA Category 1 Credits™*.

Physicians should claim only the credit commensurate with the extent of their participation in the activity

Physician coaching is an efficient, high-quality, cost-effective, and evidence-based intervention to lessen burnout and emotional exhaustion, and improve resilience and quality of life for physicians. ([Effect of a Professional Coaching Intervention on the Well-Being and Distress of Physicians](#) , [The Business Case for Investing in Physician Well-Being](#), [Coaching for primary care physician well-being: A randomized trial and follow-up analysis](#))

Physician coaching is an engaging process that inspires participants to optimize their personal and professional potential. It is an engagement tool, a resilience tool, and a performance tool. Coaching positively impacts team dynamics, communication

skills and patient care. Coaching empowers physicians with tools and strategies that are not routinely taught in medical training, yet are essential for a fulfilling and successful career in medicine. It empowers physicians with specific, actionable tools to help normalize reactions to difficult situations. Coaching helps physicians suffer less from burnout, anxiety, self doubt, shame, imposter syndrome, and guilt. It is particularly protective and impactful in helping physicians cope more effectively with bad outcomes, difficult communication, and patient communication.

Objectives:

1. Recognize thought patterns and communication habits that are causing stress, distress, and burnout and develop new more effective ones.
2. Learn tools and strategies to increase buoyancy/resilience in the face of challenges, unexpected patient outcomes, and uncertainty.
3. Understand the impact of shame, guilt and imposter syndrome on physician performance, well-being and burnout develop actionable strategies to move forward more nimbly when faced with future challenges.
4. Learn tools and strategies to optimize satisfaction and lessen burnout throughout a medical career.