



COACHING FOR DOCTORS

Recalibrate

DOCTOR CARE PROGRAM

Be the best doctor you can be. Choose thriving, put an end to the days of “surviving” medicine.

Recalibrate offers you the chance to develop your capacity as a mindful, compassionate health professional. One who experiences great wellbeing, is well resourced, able to lead and communicate effectively, and who is supported for those times when wellbeing is challenged.

Recalibrate is a powerful program codesigned with doctors, for doctors, to help them be better equipped to sustain a long term career in medicine. It is founded on evidence from psychology, neuroscience and research in healthcare from institutions such as Stanford University, Harvard University and the Mayo Clinic.

2023 Recalibrate program includes:

- 6 x 1 hour Individual Coaching with Sharee Johnson
- 6 x 4 hour Masterclasses on Zoom

Early Bird | \$6,990 + GST (\$7,689)

Full Fee | \$7,990 + GST (\$8,789)

Program dates to be confirmed.

See proposed dates at:

www.coachingfordoctors.net.au/programs/recalibrate-doctor-care/



Coaching for Doctors

Are your medical staff well?

- Are they effective leaders of teams who add value to the workplace by bringing out the best in their colleagues?
- How do you make sure they have the skills they need to be well for the long term?
- Are you confident that they can meet the goals of your healthcare organisation?
- Are you investing in their wellbeing and performance?



You probably know that even before COVID-19, 50% of doctors had an experience of burnout every year?

And you probably also know that we expect a long tail of mental health concerns for our healthcare workers post COVID19.

Deloitte reported a projected shortfall of full-time GPs in Australia of 9,300 by 2030 in a report they published in December 2019, before COVID-19.

It's not only GPs that are lacking. The Federal Government Health Department have identified eight other specialties of concern when it comes to workforce including anaesthetics, cardiology, diagnostic radiology, general surgery, obstetrics and gynaecology, ophthalmology, medical oncology and psychiatry. The situation is already difficult in many rural and regional areas and in the outer suburbs of our cities.

It is imperative that we maintain our medical workforce in good health, feeling valued and able to do their jobs well.

Doctors who are well...

- achieve better health outcomes for your patients
- they have more effective sustainable careers
- they create better reputations for the organisations they work for
- they have less absenteeism and less turnover
- and generate more team cohesion at work.

The return on investment in doctor wellbeing is high. The research is clear, wellbeing and performance go hand in hand. Imagine the impact a team of high performing, well doctors could have on every metric of your organisation. In fact, it's hard to believe you can meet any of your organisation's goals without getting this goal right first.

If you have doctors in your team who need more effective skills in managing their inner game, leading people or relating to people then we can help.



You can help by continuing to work on improving the systems and structures within healthcare, within your organisation. And we can help by cultivating individual skills in doctors that make a difference to wellbeing and performance. Helping them to be truly effective in their work. Giving them skills in:

- Communication, giving and receiving feedback, listening, understanding unconscious bias.
- Effective relationships through mindfulness, compassion and human connection.
- Self-leadership, regulating mind and emotions, emotional intelligence.



I've been listening to the stories doctors tell me in private, as their coach and psychologist for nine years. Stories of **distress, of feeling trapped in a system that doesn't care, that limits their potential.** Stories of **disempowerment and frustration**, stories of **exhaustion and feeling unappreciated.** Tales of working hard but not being properly equipped for the job and **so much disappointment in how their medical career is turning out.** It doesn't need to be this way.



Sharee Johnson, Psychologist Coach
Best selling author of *The Thriving Doctor, How to be more balanced and fulfilled, working in medicine.*



For more information
www.coachingfordoctors.net.au

