

The Resilient Physician: A Coaching Approach

Who doesn't love a beautiful bouquet of flowers? Heady fragrance, deep color, and delicate intricacies spilling out of a vase filled with precious water.

Imagine for a minute that this bouquet represents your well-being and self-knowledge. How do you maintain this work of art, this precious, burst of life? Work with me on this metaphor for a minute. Imagine this amazing vase of posies is sitting on a plain wooden table supported by four sturdy legs. Imagine the table is you, your mind, body and soul. Let's name each leg supporting you and your vase of well-being.



- The first table leg is the leg of self-compassion. This is how you practice self-kindness and mindfulness, and how you recognize and understand our common humanity.
- The second table leg is the leg of self-efficacy, the beliefs you have about yourself to achieve what you set out to do. This is guided by resilience, motivation and confidence.
- The third table leg is the leg of self-determination, your ability to make choices and manage your own life. Your sense of autonomy, how you connect with others and your feelings of competence in any given situation play a role here.
- The last table leg is self-care, how you redeem your time, relinquish distractions, and pause to listen to yourself and those around you.

Returning to the table, if any single leg gives way then the beautiful vase of flowers will tumble to the ground. If your bouquet is currently flourishing, congratulations, you have a sturdy table! If you feel pretty good about the health of your flowers, but wish to check the strength of your table then the following approach might be of interest. Or, maybe one of your legs is already pretty wobbly and needs reinforcing and repair, then this journey will be enlightening as well.

Coaching program components:

1. Self compassion

How do you practice self kindness, mindfulness and recognition of our common humanity? It is important to cultivate self-compassion and love ourselves enough to know we are worth the effort to get to know ourselves better. Tools we will use include a basic inventory, values identification, exercises of self-compassion, mindfulness and meditation.

2. Self efficacy

Explore your resilience, motivation and confidence. This revolves around discovering or remembering your true nature, the origin of what drives you. Tools we will use include the enneagram personality assessment, additional self-compassion and mindfulness exercises and the future self tool.

3. Self determination

Assess your autonomy, relatedness to others and competence. This aspect of self-discovery includes understanding how true nature interacts with others in our world and circle of influence. Tools we will use include exploring our communication style, practicing a non-judgmental reaction when we are mindful and present, developing an intention statement

4. Self-care

Define how you redeem time, relinquish distractions, and pause to listen. Tools we will use include finding ways to rest and recharge, ways to simplify life and grow camaraderie.

This coaching approach is one of self-compassion, self-efficacy, self-determination, and self-care. Through readings and exercises you will explore how to maintain the strength of each of your table legs. As physicians we enjoy learning, and this learning will allow you to pour into yourself, expand your self-knowledge and learn how to best maintain your resilience and wellbeing. Enjoy the journey!

Sue