

WHAT TO EXPECT

from PEER COACHING

Physicians can often be reluctant to ask for help—even when they are in need of someone who understands the professional, personal and family challenges they face. Explore below to see how investing in peer coaching and the well being of your physicians go hand-in-hand.

Professional Development

Peer coaches serve as an accountability partner for achieving goals and providing resources for career development.

Reduced Clinician Burnout

A recent study has shown physicians report less burnout and emotional exhaustion after receiving coaching from a peer.¹

Decreased Turnover

Physician turnover costs organizations nearly \$1 million per physician.² The opportunity to talk with a coach who can offer advice can lead to improved retention rates.

Improved Job Satisfaction

Peer coaching can lead to a more well-rounded work experience and improve levels of satisfaction by helping physicians focus on identifying areas under their control.

Improved Peer Relationships

Dialogue with physicians who have experienced similar challenges lead to a heightened sense of unity.

Increased Goodwill

Investing in a long-term solution for physician well being shows team members they are valued within their organization.

KEY BENEFITS



Improved
communication
skills



Increased
self-efficacy



Boosted levels
of engagement



Enhanced self-
awareness



¹Slomski A, "Counseling Reduces Physician Burnout," JAMA, Oct. 2019.

²Schutte, Lori, "Understanding the Real Costs of Recruiting," NEJM.

³<https://info.vitalworklife.com/peer-coaching-white-paper>

Learn more in our **Peer Coaching White Paper**³ or **contact us** for more information about peer coaching, one of the several proactive resources offered within our **Physician Well Being Resources solution**, a unique and comprehensive well being program designed specifically for physicians and advanced practice providers.

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