



Unlock your healthcare team's full potential through coaching

Peer coaching promotes employee well-being and stronger patient outcomes. VITAL WorkLife has confidential and collaborative coaching offerings to serve the professional and personal needs of your healthcare organization.

Executive Coaching	Nurse Peer Coaching	Parent Coaching	Physician Peer Coaching
<p>Focuses on strategic guidance to help leaders create the ideal conditions for an effective executive team and drive the organization's vision forward.</p>	<p>Supports and advises nurses in almost any situation from experienced, registered nurses with backgrounds in teaching, therapy, counseling and coaching.</p>	<p>Helps restore your sense of direction by taking the guesswork out of understanding what your child(ren)'s behavior is communicating or what they need most from you.</p>	<p>Focuses on goal-setting, establishing balance, gaining awareness and enhancing overall well-being through a partnership with a licensed medical professional also certified as a coach.</p>
<ul style="list-style-type: none"> • Assess and achieve professional goals • Work and life integration • Resilience & mitigation • Stress and burnout • Communication, conflict management skills 	<ul style="list-style-type: none"> • Unusual levels of stress or anxiety • "Horizontal hostility" or bullying from co-workers • Balancing responsibilities • Grief and loss 	<ul style="list-style-type: none"> • Family transitions • Clarify family values • Behavior guidance/discipline • Child development 	<ul style="list-style-type: none"> • Stress and burnout • Joy, meaning and purpose in medicine • Limits and boundaries • Leadership development

Additional ways to engage in coaching

Charting Coaching

This program welcomes all physicians who need assistance with their charting and clinical day. Reduce mental load, improve job satisfaction and workplace efficiency and productivity.

Coaching and Support

This bundle includes a well-being intake to determine the most effective way to engage in up to six, 1-hour confidential sessions of coaching or counseling—with the flexibility to choose any combination of coaching or counseling sessions.

Coaching and Support + Case Management

In this solution, a physician is referred by their organization for coaching and/ or counseling to address performance issues and to sustain behavior change. In addition to the resources provided in Coaching & Support, the physician signs a release to allow for a VITAL WorkLife Senior Consultant to provide progress-monitoring and case management to their organization.

This solution is intended for physicians who need the supportive resources of coaching and/or counseling, with the additional level of monitoring to ensure progress and goal attainment. Individuals benefit from additional external insight and accountability.

88%

of physicians prefer colleagues as a source of support¹

92%

of physicians said our peer coaching helped them to stay in their role and/or medicine

58%

increase in self-reported well-being after peer coaching²

Our coaching bench

Our peer coaches are certified professionals with a diverse range of medical specialties. They all share a deep passion for helping their fellow colleagues enhance their job satisfaction and personal fulfillment, and reaching their full potential in all aspects of life.

Sample areas of coaching focus

- Academic
- Bedside manner
- Change management
- DEI & B
- Imposter Syndrome
- Leadership development
- Mindfulness
- Nutrition
- Stress and burnout
- Trauma
- Women in medicine
- Work and life balance

The well-being of your people can't wait.

Scan the QR code to contact us.

VITALWorkLife.com



VITAL WorkLife is the leading mental health and well-being expert for healthcare organizations and their workforce. We've focused on healthcare since 2007, and today our innovative solutions are leading the way in helping physicians, nurses and entire care teams address professional burnout, life challenges and barriers to seeking help.

1. Hu YY, Fix ML, Hevelone ND, Lipsitz SR, Greenberg CC, Weissman JS, Shapiro J. Physicians' needs in coping with emotional stressors: the case for peer support. Arch Surg. 2012;147(3):212-7.

2. Ferron, L, Shannon, DW. Peer Coaching Impacts on Physician Well Being. VITAL WorkLife. 2021.