



ACP CHAPTER WELLBEING CHAMPION “JOB DESCRIPTION”

Background

In 2018 and 2019, ACP plans to train up to 120 new Well-being Champions (1-2 per chapter) to supplement the efforts of the inaugural group of 20 Champions trained in 2015. The role of the Well-being Champions is to promote the rationale for investing in clinician well-being, share key evidence-based strategies to improve clinician well-being and professional satisfaction, and foster the development of chapter-based communities that support well-being and professional satisfaction. The expected time commitment averages to about 2 hours/month over a three-year term.

Specific WellBeing Champion Expectations:

- (1) Commit to a three-year term that begins with an in-person training at IM 2018 or 2019.
- (2) Attend or subsequently listen to periodic virtual webinars and refresher training.
- (3) Attend up to one in-person training each year (budget-dependent).
- (4) Administer some type of needs assessment survey to chapter members (e.g., mini z or chapter designed) to ascertain needs and interests of members; analyze and use as basis for chapter programming.
- (5) Integrate well-being/professional satisfaction information and strategies into Chapter programming, activities and communications.
- (6) Serve as a coach or mentor for at least 2 physicians in the chapter each year, providing a supportive connection and resources (and referral information for those in need of more intensive counseling).
- (7) Assess and work with at least one member’s practice to measure well-being, burnout and provide strategies for improvement.
- (8) Track and document your efforts in an agreed upon format.

WellBeing Champion Benefits

The work a Champion does will absolutely benefit his or her colleagues and chapter, but it will also help the Champion. Some of the benefits to the Champions include:

- (1) An opportunity to build their CV.
- (2) Obtaining skills and tools to enhance their own wellness.
- (3) Free access to the ACP Practice Advisor® tool.
- (4) Developing meaningful connections with colleagues.

ACP greatly appreciates its Well-Being Champions and thanks all of them for their dedication to this important work.