

2020-2021 Well-being Champion Activities Schedule



Please participate in the activities on the schedule below to support your well-being champion goals, in addition to any Chapter-specific activities that may not be included here. E-mail us with questions at acpwellbeing@acponline.org or contact your chapter leadership for chapter events and questions. Thank you so much for your service!

July: Get Started

- Sign-up for monthly coaching calls and note important dates in your calendar.
- Schedule time for self-care.
- Review upcoming activities and champion survey results.

August: Set Direction

- Conduct chapter well-being needs assessment with Mini-Z as needed.
- Attend group coaching call to discuss goals and plan interventions.
- Learn about WB best practices and evidence-based strategies through watching webinars, self-study, etc.
- Include WB info and activities in chapter communications and on the chapter website.
- Engage in self-reflection and set goals for next 3 – 6 months.

September: Advocacy

- Attend group coaching call to finalize goals and plan interventions.
- Learn about ACP's advocacy work related to physician well-being through webinars, self-study, etc. and participate in National Physician Suicide Awareness campaign.
- Include WB info and activities in chapter leader communications and on the chapter website.

October: Plan Interventions

- Review well-being presentation materials and adapt for presentations to your chapter.
- Attend group coaching call to continue planning interventions.
- Include WB info and activities in chapter leader communications and on the chapter website.

November: Check Progress

- Attend group coaching call to check in on your progress and share successes with larger champion community.
- Include WB info and activities in chapter leader communications and on the chapter website.
- Submit entry for well-being chapter activity poster presentation by November 30. Winners will be announced in January.

December: Reflect

- Submit brief reflection statement on your well-being work over the past six months.
- Attend group coaching call to check progress and engage in shared reflection.
- Include WB info and activities in chapter communications and on the chapter website.

January: Re-Focus

- Review upcoming activities, self-reflection statement, and adjust goals as needed.
- Note important dates in your calendar.
- Schedule time for self-care.
- Attend group coaching call to adjust plans and check progress.
- Include WB info and activities in chapter communications and on the chapter website.

February: Celebrate Success

- Learn about WB best practices and evidence-based strategies through reviewing training materials, watching webinars, self-study, etc.
- Attend group coaching call to plan and implement interventions.
- Review well-being chapter activity poster presentations.
- Include WB info and activities in chapter communications and on the chapter website.

March: Self-Study

- Learn about topics related to physician well-being through webinars, self-study, etc.
- Attend group coaching call to continue planning interventions.
- Include WB info and activities in chapter communications and on the chapter website.

April: Attend Internal Medicine Meeting

- Attend IMM and participate in Well-being events to share successes, best practices, and socialize with other champions.
- Attend group coaching call to plan and implement interventions.
- Meet new colleagues interested in well-being and provide mentoring and support.
- Include WB info and activities in chapter communications and on the chapter website.

May: Build Community

- Learn about WB best practices and evidence-based strategies through reviewing IMM highlights, watching webinars, self-study, etc.
- Help members interested in well-being get involved in chapter programming.
- Attend group coaching call to participate in collaboration and community-building.
- Include WB info and activities in chapter communications and on the chapter website.

June: Reset

- Complete champion needs assessment survey.
- Learn about WB best practices and evidence-based strategies through reviewing training materials, watching webinars, self-study, etc.
- Take a break from well-being work and engage in self-reflection and self-care.