

WELL-BEING RESOURCES: COACHING

Please contact your ACP
Well-being Champion or
acpwellbeing@acponline.org
with coach resource questions.



ACP Well-being Champions and Chapter Leaders can use these interventions to meet the specific needs of their local chapter members and promote internist well-being and professional fulfillment in their communities. These interactive events and discussion resources focus on coaching efforts. For example, these materials could inform didactic facilitated discussion sessions and informal chats.



Webinar Recordings:

- [Appreciative Inquiry Mini but Mighty Skills for Well-being](#) - Dr. Kerri Palamara guides you through using the AI approach in your practice and teaching others to do the same (CME Eligible, 14 min).
- [Positive Psychology in Times of Crisis](#) - Dr. Kerri Palamara shares ideas from the coaching world including focusing on 3 good things, pausing to breathe, happiness boosters, sharing stories with colleagues, and more (CME Eligible, 52 min).
- [Well-being Champion Webinar: Feelings and Needs](#) - Dr. Kerri Palamara guides you through better expressing the complex feelings and needs connected to clinician well-being in the age of COVID-19. Use these exercises in your own coaching sessions, and adapt the slides and handouts to teach others (Login required, 35 min).



ACP Adaptable Presentation:

- “Feelings and Needs” - developed by Dr. Kerri Palamara, this adaptable PowerPoint template can be used in your own coaching sessions and to teach others. [Download PPT](#).
- Feelings and Needs exercise - this document can be used as a handout in your own coaching sessions and to teach others. [Download Word Document](#).



Article:

- [Professional coaching alleviates burnout symptoms in physicians](#). Mayo Clinic researchers suggest a new approach to fighting burnout: external professional coaching.



Tool Kits:

- [AMA Academic coaching in medical education](#) - a workshop to equip leaders and educators with the knowledge and skills needed to implement, refine and evaluate a successful coaching program.
- [Positive Psychology Exercises by Dr. Kerri Palamara](#) - a few ideas to share based on positive psychology principles. Word Document opens online.
- [Free 15-Minute VIA Strengths Survey](#) - use this free positive psychology tool either for your personal development or for your coaching activities. This survey focuses on identifying an individual's top strengths, which can be leveraged to boost one's well-being. There is an opportunity to purchase an in-depth report for a fee.



Videos:

- [Positive introduction](#) - a way of making positive experiences stay with you (6.5 min)
- [Overall Coach Approach](#) - how to approach coaching, which is a different relationship to mentoring or therapy (3 min).
- [Coaching Questions](#) - learn to ask questions that will open a field rather than narrow it; the opposite of diagnostic questioning (3.5 min).



Other Resources:

- [Harvard Institute of Coaching](#) - a non-profit organization to disseminate the best coaching science and catalyze positive change in the self, community, and world.
- ACP 2019 Well-being Champion Training - PowerPoint slides with training materials on strategic planning, positive psychology, and coaching, as well as a handout on how to coach through the Mini Z. [Download PPT](#). [Download Word Document](#).