



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 mentorship efforts. For example, these materials could inform didactic facilitated discussion sessions, informal chats, and social media posts.



Webinar Recordings:

- [Cultivating the Success of Women in Medicine](#) - Dr. Amy Gottlieb defines sponsorship, discusses it as a lever for organizational change, and presents model behaviors (55 min).
- [Mentorship, Coaching, and Sponsorship for Women Physicians](#) - with Drs. Katherine Sherif and AnaMaria Lopez (55 min).



Podcasts:

- [Mentorship and Recruitment of URiMs](#) - interview with Dr. Quentin Youmans about strategies for mentoring and supporting underrepresented minorities in medicine (38 min).
- [Having the Confidence to Believe in Yourself](#) - a chat with Dr. Fariha Shafi on the mentoring relationship and how to be honest, intentional, and confident with ourselves and our mentors (20 min).



Other Resources:

- [Mentoring, Coaching, and Sponsorship for Women Physicians](#) - a guide designed to accompany the "Mentoring, Coaching, and Sponsorship for Women Physicians" webinar. Includes suggestions for group, virtual, and Twitter discussions as well as interactive activities (Login required).