

Executive Coaching Resource

Coaching provides a confidential opportunity for clinicians to step back from the stresses of practicing medicine to work on specific challenges in their life. Neither therapy nor consulting, coaching helps clinicians identify challenges and create action steps to achieve goals with the support of the coach. Some of the challenges clinicians bring to a coaching practice include burnout, workplace conflict, work-home balance, leadership growth, and potential professional transitions.

Coaching is an evidence-based wellbeing practice. In a study published in JAMA,¹ professional coaching was found to have a “significant reduction in emotional exhaustion and overall symptoms of burnout, as well as improvements in overall quality of life and resilience.”

Doug Wysockey-Johnson is the Executive Director of [Lumunoswellbeing](#) and a certified Executive Coach. He has been working closely with physicians, APPs and nurses for the past 15 years through 1-1 coaching and Peer Support Groups. He can be reached at Doug@Lumunos.org.

^[1] August 5, 2019. doi:[10.1001/jamainternmed.2019.2425](https://doi.org/10.1001/jamainternmed.2019.2425)