

Well-being Champions Training Curriculum and Schedule

Prework:

Pre survey

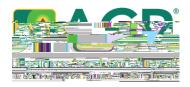
- o Participant Baseline Characteristic Survey (Results in Table 2 of paper) 2.0
- o Initial Assessment of Participant Well-being (This training used the Mini Z 2.0)

Linzer, M., Poplau, S., Babbott, S. et al. Worklife and Wellness in Academic General Internal Medicine: Results from a National Survey. J GEN INTERN MED 31, 1004 1010 (2016).

Wheel of Life Exercise

Watch

o PERMA



ACP Welcome

Faculty Welcome and Introductions

Staff Introductions

Participant Well-being Overview (based on Mini Z)

9:25 9:55am: The Whats and the Whys of Focusing on

Physician Well-being

9:55 10:25am: Creating Your Initial Vision Statement

10:25 10:40am: Know the Existing Wheels

10:40-11:00 Skill Practice: Making the Case

Key points for sr. leadership/ practice lead

11:00 - 11:15 am: Break: Endorphin Replenishment

11:15 - 12:10 pm: Introduction to Positive Psychology Coaching

12:25 - 1:00 pm: **LUNCH**

1:00 -1:40 pm: Measuring and Analyzing Physician Well-being

and Professional Satisfaction

1:40 - 2:15 pm: Skill Practice: Analyzing Mini Z data

2:10 - 2:25 pm: Well-being Break

2:25 - 3:20 pm: Coaching for Mini Z results

3:30 - 3:45 pm: Coaching debrief

3:45 - 4:00 pm: Reflection and Tomorrow Preview

4:00 pm Session End



Day 2 Wednesday

Learning Objectives: After the sessions, champions will be able to:

- 1. Recommend menu of potential interventions based on analysis of data.
- 2. Identify key resources that can help you in your Champion work.
- 3. Employ positive psychology coaching and tools with individuals or groups trying to improve well-being and satisfaction
- 4. Develop a two-year physician well-being and professional satisfaction plan for your chapter that aligns with your mission statement.

AGENDA

8:45 - 9:15 am: Breakfast

9:15 9:30 am: Insights and Reflections from Yesterday

9:30 - 12:00 pm: Identifying and implementing interventions/solutions

9:30 -10:20: Evidence-based interventions on practice redesign/workflow

10:20 -11:15 Coaching

11:15-11:25 pm: Break

11:25 -12:00 pm: How to Think About Building an Institution Well-being

12:00 - 1:00 pm: Lunch

1:00 - 1:30 pm: Review of ACP Resources, Webpages, Champion Tracker

1:30 - 1:45 pm: Break while current champions arrive and get seated

1:45 - 2:15 pm: Mini Z analysis presentation

2:15 - 3:00 pm: Overcoming Obstacles and Sustaining Successes

Tracking and re-measuring