



*"Let me help you
reach your goals and
destiny."*

Coaching Options:

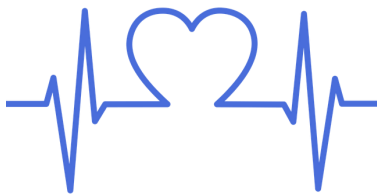
- Full program [6 sessions]
- Half-program [3 sessions]
- Additional Individual Sessions: [50 minutes]

Getting Started:

All potential clients receive a free 20-minute phone consultation/screening prior to beginning the program and one (15 min) follow-up phone call one month after completing the program.

Payment Options:

- Payments are accepted from individuals or organizations.
- Pay by check or credit card.
- Make checks payable to the Center for Professional Health at Vanderbilt University Medical Center.
- Pay by credit card on the CPH Website.
- Payment for Sessions 1-3 is due at registration.
- Payment for Sessions 4-6 is due at the end of Session 3.



Center for Professional Health
at
Vanderbilt University Medical Center

CONTACT US

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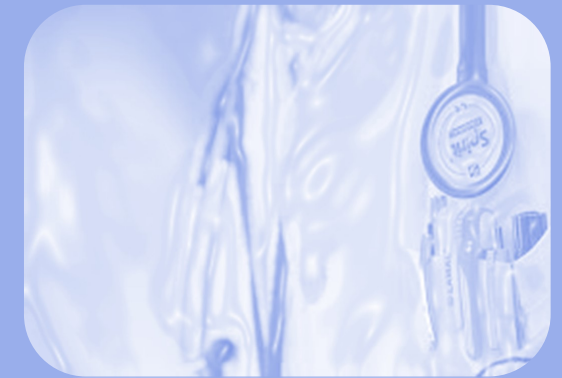
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The Coaching Program

at the

Center for Professional Health



PROFESSIONAL COACHING FOR HEALTHCARE PROFESSIONALS



Vanderbilt University
Medical Center
Nashville, TN 37232-4300

CENTER FOR PROFESSIONAL HEALTH COACHING PROGRAM

What is Coaching?

- Coaching is a client-centered, goal oriented process.
- The client and coach engages in discussions to highlight needs, resources, limiting beliefs, etc. that help/hinder clients from reaching his/her optimal being.
- Coaching helps clients discover what they want in comparison to all the noise around them every day.
- Coaching enhances one's self and his/her performance through a transforming process of discovery and inquiry.
- Our coaching focuses on the professional health and wellness of physicians and other healthcare providers' professional behaviors and skills.

Target Clients:

- Current and past CPH course participants (MD/DO, APRN, DDS, PA, PhD or PharmD) or other healthcare professionals who want to address burnout risk and adjust/manage his/her life, career and leadership skills.

Benefits of Coaching:

- Improves focus on personal and professional health and wellness, resilience and work-life balance
- Reduces burnout and stress
- Improves sense of confidence and quality of life
- Improves relationships at work and home
- Goal directed outcomes
- Client-centered approach and outcomes

And more!!

Brief Description:

Select CPH clients can enroll in a 3-6-month coaching program that focuses on clients' lives and career aspirations. Clients will engage in a process of discovery to enhance his/her current and future roles within healthcare and the family. The CPH Coaching Program uses the latest coaching techniques that are proven effective towards assisting clients in reaching personal and professional goals.



Overview of Process:

- Register for coaching via the CPH coaching web page.
- Complete the intake form.
- Schedule a 20-minute introduction call.

How to Continue:

- Selection pathway and focus
- Arrange meeting timeline
- Clients who live more than a one-hour drive from Nashville may select video coaching using Zoom.

Charlene M. Dewey, M.D., M.Ed., MACP

The Joseph A. Johnson, Jr., Distinguished Leadership Professor
Assistant Dean for Educator Development
Director, Educator Development Program
Co-Director, Center for Professional Health
Professor of Medical Education and Administration
Professor of Medicine & Public Health



Dr. Dewey has provided education, career and life mentoring services to physicians, residents, students, and nurses for over 30 years. Her expertise focuses on the professional health and wellness of the physician and other healthcare providers. She completed her official coach training with Impact Coaching Solutions® in 2019. Dr. Dewey is a member of the International Coach Federation (ICF) and a member of the Tennessee Chapter of ICF. Please visit our website to review Dr. Dewey's bio and CV.

Optional Coaching Resources:

In the event Dr. Dewey is booked, we will provide a list of other physician coaches in the area who are willing to work with us to assure there are enough coaching slots available for participants.

A list of individuals as external resources is located on our website :

ww2.mc.vanderbilt.edu/cph