

## **Asante Physician Partners Coaching Initiative Application**

APP is offering sponsored opportunities to participate in a 12-week coaching program through *Coaching For Institutions*. This 12-week offering has been extremely well received at regional institutions, with powerful impact statements from participant physicians and APPs. The small groups, individual coaching sessions, and mindset curriculum aim to address professional development needs, personal resilience, and community building. The goal is to create a powerful ripple of provider well-being through this initiative to impact our system and greater communities positively.

### **PROGRAM DETAILS:**

- 12 weeks, 24 FLEXIBLE hours CME
- 1-hour didactic per week (live or recorded asynchronous playback),  
1-hour coaching per week (individual x6 sessions on your own schedule and small group every other week per your requested time preference)
- Pre, Mid, and Post Well Being Index (Validated brief tool to measure burnout)
- Partially subsidized cost: \$1000 cost per participant (may use CME funds), remainder to be paid by APP and the Asante Foundation with payback penalty if program not accessed at 75% minimum. \$5000 retail value.

### **CRITERIA FOR SELECTION:**

Asante Physician Partners employed provider (MD, DO, APP) who self-identifies a desire to engage in a structured 12-week coaching initiative intended to bolster personal resilience and balance, professional and leadership development, time management, and clarification of personal mission as well as building community.

### **ELIGIBILITY:**

Any Asante Physician Partners provider is eligible to apply for participation.

### **CONDITIONS OF SUBSIDY:**

Participants must participate in a minimum of 75% of the sessions (18 of the >24 offered hours) to maintain subsidy. Failure to meet this expectation will result in a payback plan for the program cost of \$3000. There is a tracking system to alert you if you are in danger of not meeting this minimum. Please note that extenuating circumstances would, of course, be taken into consideration.

Contact Information:

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Phone number: \_\_\_\_\_

Department: \_\_\_\_\_ Position: \_\_\_\_\_

Time with Asante: \_\_\_\_\_

1. Do you expect you will be able to commit to the two hours per week for 12 weeks' time commitment?

Yes

No

Unsure- please comment: \_\_\_\_\_

2. Please identify the type of support currently needed/hoped for in this experience

Time management

Leadership development

Career planning

Other, specify \_\_\_\_\_

3. Describe your own "readiness for coaching"

Reluctant

Reluctant but curious

Curious and willing

Willing and eager

Absolutely can't wait to get started

4. Please give us a bit of background on your own current professional circumstances, personal and professional goals, the things that you find engaging and the things you find difficult, and why you believe this initiative would be beneficial to you and the people you work with. These answers will remain confidential.

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5. Do you identify as part of a marginalized group or race?

Yes

No

Prefer not to answer