# Athasmed Signature Coaching Program "Thrive to Lead MD"



#### **PRE-COACHING**

Coaching Agreement 24 Questions to Jumpstart Physician Career Transformation (PDF) Ten Day Mindfulness in Medicine (PDF)

## **COACHING**

#### **CORE**

## Who are you at your core?

**Your Story** 

Wheel of Life

**Professional Assessment Sheet** 

4 Questions Sheet

Description of current workplace

Values Exercise

VIA Character Strengths Survey

**Limiting Beliefs** 

DISC™ (optional)

#### **VISION**

## What do you want?

IKIGAI (Graph and Questions)

Description of Ideal Job

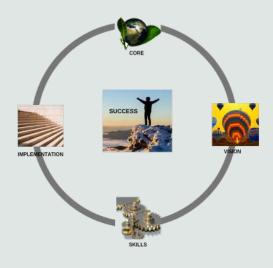
Clinical, Non-Clinical and

Non-Medical Interest Survey

Intention (Mission Statement)

Career Transformation

Readiness Assessment





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#### **SKILLS**

## What skills and resources do you need?

Hard Skills Assessment

Soft Skills Assessment

Inner Skills (Medicine Inside Out)

Resources: Books, Articles, Organizations List, Contacts

#### **IMPLEMENTATION**

### How do you take action?

Goals and Commitments Worksheet

Action and Planning Log

Motivation and Overcoming Obstacles Structures



SUCCESS
WHAT DOES SUCCESS LOOK LIKE TO YOU?