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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

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

