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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

