**Executive Coaching Resource for VMS Members**

**What is coaching?**

Coaching provides a confidential opportunity for clinicians to step back from the stresses of practicing medicine to work on specific challenges in their life. Neither therapy nor consulting, coaching helps clinicians identify challenges and create action steps to achieve goals with the support of the coach. Some of the challenges clinicians bring to a coaching practice include burnout, workplace conflict, work-home balance, leadership growth, and potential professional transitions.

Coaching is an evidence-based wellbeing practice. In a study published in JAMA,[[1]](#footnote-2)  professional coaching was found to have a “significant reduction in emotional exhaustion and overall symptoms of burnout, as well as improvements in overall quality of life and resilience.”

**What is the resource available for VMS Members?**

Beginning in 2025, VMS is making available at no cost up to 3 hour-long coaching sessions with Doug Wysockey-Johnson for interested VMS members. This is available to up to 5 members per year in the order of those who contact us.

Doug Wysockey-Johnson was the Executive Director of [Lumunoswellbeing](https://www.lumunoswellbeing.org/) for 23 years, and now is a certified Executive Leadership Coach and consultant/facilitator.  He has been working closely with physicians, APPs and nurses through 1-1 coaching and Peer Support Groups.

For more information, please reach out to [Doug@Lumunos.org](mailto:Doug@Lumunos.org) or [jbarnard@vtmd.org](mailto:jbarnard@vtmd.org).

[1] August 5, 2019. doi:[10.1001/jamainternmed.2019.2425](https://urldefense.com/v3/__http:/jamanetwork.com/article.aspx?doi=10.1001*jamainternmed.2019.2425__;Lw!!LgPfcEISpGU!pn9PK7v-kN4Q3o177kz0Y6td35_LUJKC2MZSNrndFfnwtgG7SDYFCLS7QWYLpq0uA0w$)

1. [↑](#footnote-ref-2)