

## 5 steps to keep burnout at bay and restore energy and to live and lead for today's physicians

The conversation in the medical community has shifted to include physician's dissatisfaction, physician burnout and the increasing rates of suicide among doctors in all stages of their careers. While physicians are charged with the task of caring for patients and the teams that support them, who cares for the doctor. Add to that the financial stress of debt from student loans and family responsibilities and it is evident that life as a physician is not as coveted as it once was. With more women entering medical school, we are entering an age where the model of hierarchy and competition are more destructive than constructive. The competitive model breeds comparisons among physicians which contributes to a lack of self-confidence and the 'not good enough' syndrome. Women physicians, attempting to find their place in this system, leave behind the natural gifts she has to share with her patients and the medical community. Distress mounts as a woman physician tries to define herself in medicine while balancing other roles in her life.

### During this talk, participants will:

1. Define Physician Burnout. You may be experiencing it and be unaware.
2. Discover how frustration and dissatisfaction are impacting practice parameters and care teams: acting out and bullying, retreating and doing only what's necessary, or serving in indifference or maybe even in fear- all keeping you from realizing your full potential so you go home drained, discouraged, and defeated.
3. Explore the concept of Physician Energy.
4. Learn the 5 Step Process to restore your Physician Energy.
5. Learn how to harness the power of Physician Energy to lead and live powerfully.