

WORKSHOP SUBMISSION FORMAT

Title: Advocating for Oneself: Utilizing the Power of Engagement for Physician Wellness

Author(s) Information:

Fisher M, Rossiter B, Hassan I, McNeil M
Division of General Internal Medicine, University of Pittsburgh

Background: With increasing institutional demands that seemingly place administrative tasks and financial metrics over patient care, physician burnout is at epidemic proportions. High professional fulfillment has been described as falling into three domains: efficiency of practice, a culture of wellness, and personal resilience. While there is increasing recognition that addressing burnout in medicine requires changes at the system level, physicians can advocate and foster wellness in part through individually-developed resiliency.

Objectives:

1. Value energy and engagement as opposed to time as a driving force in your resiliency.
2. Identify sources of energy depletion and renewal in both your personal and professional lives.
3. Propose an action plan to incorporate a new ritual for renewal into your daily routines.

Description:

This workshop will translate the power of engagement for utilization in establishing physician resiliency and mitigating burnout. Based on the book, *“The Power of Full Engagement: Managing Energy, Not Time”* by Jim Loehner and Tony Schwartz, this workshop will demonstrate the potential of thinking of energy as your daily currency instead of time. It will focus on identifying your most precious resource as energy and learning how to foster and preserve this resource through the development of rituals. Attendees will be introduced to the principle of balancing energy expenditure with energy renewal through the mobilization of an individual’s four key sources of energy. We will begin the workshop with a brief overview of the concepts addressed in this book. We will then have each attendee comprise a list of activities that enhances and depletes their energy. We will then break into small groups and review cases that address these principles. As a large group, we will review these cases. Each participant will then develop their own action plan and write down one new ritual that they commit to incorporating into their lives.

Evaluation: We will evaluate the effectiveness based on each member have a concrete action plan when they leave the session.

Reflection: This workshop will provide concrete steps that each participant can take to improve their level of energy. We will provide a toolkit based on the concepts addressed in the Loehner and Schwartz book so that each participant will leave with a reference guide.