

# Physician Well Being Resources

*Discreet and confidential resources designed specifically for physicians and their families*

## Physician Peer Coaching

- Finding Joy, Meaning & Purpose in Medicine
- Communication & Conflict Resolution
- Stress & Burnout
- Work/Life Integration
- Identifying Limits & Setting Boundaries
- Establishing Healthy Habits
- Leadership Development

## In-Person and Phone Counseling

Confidential, non-diagnostic counseling with our master's and doctorate level professionals

## Legal & Financial Consultations and Resources

## VITAL WorkLife App

- Connect with your program resources
- Take assessments to evaluate your well being, including the Well-Being Index, invented by Mayo Clinic
- Access Insights, Videos and more



**Contact us at  
877.731.3949 or visit  
VITALWorkLife.com**

## WorkLife Concierge

A time-saving virtual assistant to help with everyday and special occasion tasks

- Dining Recommendations & Reservations
- Travel, Entertainment & Event Planning
- Personal & Family Needs
- Household Maintenance & Projects
- Personal Errands & Shopping



In partnership with:



*Pathways to Well Being*

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