

## HCMA Foundation Physician Wellness Program

# Physician Well-being Series

### Session 5:

**Title:** Flourishing Finances: Financial Well-being for Physicians

**Speaker:** Tonia Gaudioso, Author of Permission to be Rich: 5 Steps to Become More Powerful Than Money

**Date & Time:** Thursday, November 2, 2023 - 6:00pm – 7:30pm

**Session Description:** As physicians, your dedication to patient care is unmatched, but the path to financial prosperity can sometimes feel elusive. Join us for an enlightening webinar, "Expanding Financial Horizons," designed to help physicians uncover and overcome limiting financial mindsets that may be holding them back from achieving true financial abundance and prosperity.

Led by an experienced financial expert who understands the unique challenges faced by physicians, this webinar will provide you with invaluable insights, practical strategies, and compassionate guidance to transform your relationship with money. Through engaging discussions and introspective exercises, we will explore the deep-rooted beliefs and mindsets that may be impeding your financial growth.

#### Key Course Highlights:

1. **Identifying Limiting Financial Beliefs:** Uncover the unconscious beliefs and attitudes about money that may be hindering your financial prosperity. Explore the impact of mindset on financial decision-making, risk-taking, and wealth accumulation.
2. **Cultivating a Positive Money Mindset:** Discover practical techniques and mindset shifts to develop a positive and empowering relationship with money. Learn to embrace abundance, overcome scarcity thinking, and develop a healthy financial mindset that supports your goals.

3. **Overcoming Fear and Risk Aversion:** Explore the fears and risk aversion commonly experienced by physicians when it comes to financial matters. Develop strategies to manage and overcome these fears, allowing you to make informed financial decisions and embrace opportunities for growth.
4. **Embracing Financial Education:** Recognize the importance of ongoing financial education and self-empowerment. Explore resources and tools for expanding your financial knowledge, including investment strategies, tax planning, and wealth management.
5. **Aligning Values with Financial Goals:** Reflect on your personal values and how they relate to your financial aspirations. Discover how aligning your financial goals with your values can create a sense of purpose and fulfillment on your financial journey.
6. **Building Resilience and Adaptability:** Learn techniques to enhance your financial resilience and adaptability in the face of economic uncertainties. Develop strategies for effective financial planning, emergency funds, and navigating unexpected financial challenges.

Join us for this transformative webinar and embark on a journey of self-discovery and financial liberation. Break free from limiting mindsets, expand your financial horizons, and unlock the path to true financial prosperity. By cultivating a positive and empowering relationship with money, you can create a life of abundance, freedom, and fulfillment.

**This Physician Well-being Series is brought to you by the HCMA Foundation Physician Wellness Program (PWP). For more information about the PWP and the other benefits offered, please visit <https://hcma.net/hcma-physician-wellness-program>**



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