

HCMA Foundation Physician Wellness Program

Physician Well-being Series

Session 3:

Title: Nurturing Connections: Cultivating Relationship Well-being for Physicians

Facilitator: Dian Ginsberg, EdD, CPCC, CHWC

Date & Time: Thursday, October 5, 2023 - 6:00pm – 7:30pm

Session Description: As physicians, your unwavering commitment to the well-being of your patients often means navigating complex relationships in both your personal and professional lives. Join us for an enlightening webinar, "Nurturing Connections," designed to support physicians in cultivating healthy, fulfilling relationships that enrich their lives and enhance their ability to provide compassionate care.

Led by experts in the field of relationship psychology and emotional wellness, this webinar will provide you with valuable insights, practical strategies, and compassionate guidance to strengthen your interpersonal connections. Through engaging discussions and interactive exercises, we will explore the profound impact of relationship well-being on your overall happiness, personal fulfillment, and professional effectiveness.

Key Course Highlights:

1. Understanding the Dynamics of Physician Relationships: Delve into the unique challenges and opportunities presented by relationships in the medical profession. Gain insights into how the demands of your career can impact your personal connections and develop strategies to foster healthy boundaries, effective communication, and work/life integration.
2. Cultivating Emotional Resilience: Explore the importance of emotional resilience in maintaining healthy relationships. Learn practical techniques

to manage stress, prevent burnout, and enhance emotional well-being, allowing you to be fully present and supportive in your personal and professional relationships.

3. **Enhancing Communication Skills:** Develop essential communication skills to foster meaningful connections with patients, colleagues, and loved ones. Explore effective listening techniques, empathetic communication strategies, and conflict resolution skills to create an environment of trust, understanding, and collaboration.
4. **Prioritizing Self-Care within Relationships:** Recognize the significance of self-care in maintaining healthy relationships. Discover practical tools and self-reflection exercises to nurture your own well-being, while fostering a sense of balance, compassion, and authenticity within your relationships.
5. **Cultivating Empathy and Compassion:** Deepen your understanding of empathy and compassion as essential components of nurturing relationships. Explore practices that enhance your ability to connect on a deeper level, cultivate emotional attunement, and demonstrate genuine care for others.
6. **Building Supportive Networks:** Explore the importance of building a supportive network of colleagues and loved ones who understand the unique challenges of your profession. Discover strategies to foster meaningful connections, seek support, and cultivate a community that nourishes your well-being.

Join us for this transformative webinar and embark on a journey of self-discovery and relationship growth. Reconnect with the joy of meaningful connections, restore balance in your personal and professional life, and nurture the relationships that bring fulfillment and support to your journey as a physician.

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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