

The All Inclusive Physician Coaching Program
Making Medicine Work For You

The all-inclusive physician-coaching program is a 3-month coaching program utilizing tools and techniques for enhanced personal growth. This 3 month structured program helps provide clarity for the change you desire and gives you the support you need to move forward in your own personal development.

Working together your initial coaching sessions will include:

- 1) Reflection of your intake interview to provide further self discovery and gain a better understanding of who you are today
- 2) Diving into your core values to allow you to make thoughtful decisions regarding change in your life
- 3) DISC profile evaluation to clarify how your core personality traits affect your interactions with others and gain understanding of your preferred communication styles
- 4) Develop an Intention Statement to highlight and guide the change path you've chosen for the next few months

After your initial 4 coaching sessions we will focus on topics or areas for development chosen by you to allow space for ongoing forward movement. With each session, as needed, we can reflect upon the intention statement you developed to ensure we are continuing to accomplish your goals as you see fit. These sessions will also give you freedom to navigate specific areas of your life that you feel need attention or address hurdles you are currently focusing on.

As the program continues there is an array of tools or exercises that can be pulled into your coaching sessions to allow alternative perspectives and open up potential areas of growth.

As with any coaching relationship, this is an individualized process and can be adapted to best fit your needs. Our coaching

relationship can seamlessly be continued beyond three months if you desire to do so.

Included in the all inclusive program:

- 1) Initial 4 coaching sessions lasting 1.5-2 hours-ideally these initial sessions will be completed within 6 weeks, and if possible in -person
- 2) Subsequent coaching sessions-occur every other week and last roughly 1 hour for a total of 4 sessions
- 3) Includes all necessary resources to complete exercises for the initial coaching session as well as any additional tools brought to coaching sessions
- 4) One time fee for full 3 month course

All coaching sessions may be completed in person or virtually, through either phone conversations or videoconference meetings.

Most importantly this coaching program should be adapted to best meet your needs. If session frequency or duration needs to be changed this can be discussed and coordinated.

Please email katie@thewholeclinician.com with further questions, pricing, or to set up an initial one on one phone conversation to explore how this program can work for you.

You can find more information regarding Katie Schneider, MD at: thewholeclinician.com