



EMPOWERING MEDICAL STUDENTS TO BECOME **A WHOLE NEW DOCTOR**

“My coach helped me navigate my fears about my professional goals and what I hope to achieve in a career in medicine. We have discussed the ways in which I can find balance, as I prepare for residency.” — **Georgetown School of Medicine Graduate**

Creating Healthy Doctors

American health care is in crisis. Up to 53% of physicians are burned out, more than 30% of medical students are depressed and 10.1% have suicidal ideation. This is a threat to providing competent and compassionate patient care.

A Whole New Doctor supports medical students in developing resilience and emotional intelligence to better deal with an increasingly complicated, sometimes hostile, healthcare system.

Advanced Coaching Solution

After participating in a kickoff workshop, medical students have the opportunity to choose an executive coach who is experienced in guiding students through the rigors of medical school. Our medical student Fellows learn the benefits of having a coach, what is expected of them during the program, and actively participate in a six-session, one-on-one coaching engagement to prepare them for a successful transition from medical student to physician and a life-long career.

Don't Medical Students Deserve to Graduate With Optimism?

Executive coaching focused on personal development is effective in anticipating and lowering burnout and provides tools to decrease imposter syndrome, have the courage to challenge often opposing demands, and lower the risk of leaving an already strapped profession. Executive coaching increases self-awareness, resilience and self-confidence.

The most progressive and competitive medical schools prepare students to succeed in medical school and residency by sponsoring an advanced coaching solution.

Onsite workshops facilitated by Dr. Cary and colleagues

A gifted coach and speaker, Dr. Cary works with your faculty to successfully kick off **A Whole New Doctor**.

Executive coaches available nationwide

Fellows of **A Whole New Doctor** share their pointers on maximizing its benefits and how to apply what they have learned.

Affordable and time-sensitive leadership coaching solution

Students meet with coaches monthly to review goals and manage difficult experiences in a safe, nonjudgmental engagement.

Watch <http://bit.ly/AWholeNewDoctor>

Read <http://bit.ly/CreatingAWholeNewDoctor>

About Margaret Cary, MD, MBA, MPH, PCC

A doctor's doctor with a physician's mind and a friend's heart, Dr. Cary is an executive coach, professional speaker, facilitator and teacher who blends a scientist's thinking with empathy. She passionately guides physician leaders and medical students toward a healthy, balanced future.

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