



- Pre survey
 - Participant Baseline Characteristic Survey (Results in Table 2 of paper) 2.0
 - Initial Assessment of Participant Well-being (This training used the [Mini Z 2.0](#))
- Linzer, M., Poplau, S., Babbott, S. et al. Worklife and Wellness in Academic General Internal Medicine: Results from a National Survey. J GEN INTERN MED 31, 1004-1010 (2016).
- [Wheel of Life](#) Exercise
- Watch
 - [PERMA](#)



- ACP Welcome
- Faculty Welcome and Introductions
- Staff Introductions
- Participant Well-being Overview (based on Mini Z)

9:25 - 9:55am:	The Whats and the Whys of Focusing on Physician Well-being
9:55 - 10:25am:	Creating Your Initial Vision Statement
10:25 - 10:40am:	Know the Existing Wheels
10:40-11:00	Skill Practice: Making the Case Key points for sr. leadership/ practice lead
11:00 - 11:15 am:	Break: Endorphin Replenishment
11:15 - 12:10 pm:	Introduction to Positive Psychology Coaching
12:25 - 1:00 pm:	
1:00 -1:40 pm:	Measuring and Analyzing Physician Well-being and Professional Satisfaction
1:40 - 2:15 pm:	Skill Practice: Analyzing Mini Z data
2:10 - 2:25 pm:	Well-being Break
2:25 - 3:20 pm:	Coaching for Mini Z results
3:30 - 3:45 pm:	Coaching debrief
3:45 - 4:00 pm:	Reflection and Tomorrow Preview
4:00 pm	Session End



After the sessions, champions will be able to:

1. Recommend menu of potential interventions based on analysis of data.
2. Identify key resources that can help you in your Champion work.
3. Employ positive psychology coaching and tools with individuals or groups trying to improve well-being and satisfaction
4. Develop a two-year physician well-being and professional satisfaction plan for your chapter that aligns with your mission statement.

8:45 - 9:15 am: Breakfast

9:15 - 9:30 am: Insights and Reflections from Yesterday

9:30 - 12:00 pm: Identifying and implementing interventions/solutions

- 9:30 -10:20: Evidence-based interventions on practice redesign/workflow
- 10:20 -11:15 Coaching

11:15-11:25 pm: Break

11:25 -12:00 pm: How to Think About Building an Institution Well-being

12:00 - 1:00 pm: Lunch

1:00 - 1:30 pm: Review of ACP Resources, Webpages, Champion Tracker

1:30 - 1:45 pm: Break while current champions arrive and get seated

1:45 - 2:15 pm: Mini Z analysis presentation

2:15 - 3:00 pm: Overcoming Obstacles and Sustaining Successes

- Tracking and re-measuring

