



## DOCTOR PEER COACHING IS GOOD MEDICINE

### How Peer-to-Peer Coaching Can Heal Our Healers

**Healthy patients start with healthy clinicians. Peer coaching has emerged as a valuable strategy to avoid the alarming rise in emotional exhaustion and moral injury impacting every aspect of healthcare delivery. To protect and empower those who care for others, peer-to-peer support is needed now more than ever to maintain the well-being of our healers in the face of increasing demands.**

As a solution, access to doctor peer coaching has been shown to maintain clinician well-being and improve overall job satisfaction, resiliency, and ability to care for patients. It is well documented that the nature of a care provider's work involves combating ongoing, complex, and emotional situations that can take a toll on mental, emotional, and physical well-being. Without support, clinicians are at a persistent risk for moral injury characterized by feelings of emotional exhaustion, depersonalization, and a decreased sense of personal accomplishment. If left unchecked, this can lead to reduced job satisfaction, decreased job performance, and even health problems for not only the clinicians but also their patients due to medical errors.

Peer coaching at [SafeHaven](#) is a collaborative relationship that involves clinicians sharing experiences and receiving support from their peers. Working with other clinicians in a supportive and non-judgmental environment can help them to develop coping mechanisms and manage stress with the goal of developing a healthy work-life balance. Peer coaches provide support, guidance, and mentorship to help clinicians manage stress and their mental well-being. They also help clinicians to develop new skills, improve their professional

competencies, and maintain their professional development. In addition, peer coaches provide guidance on how to manage difficult situations and improve communication skills, which can help to reduce stress levels.

Another benefit of peer coaching is that it promotes a sense of community among clinicians. The forged camaraderie helps to reduce feelings of isolation. This can be especially important for clinicians who work in remote locations, where it can be difficult to find support and resources.

This unique tool helps clinicians maintain their professional competencies and continue their professional development. Through regular coaching sessions, clinicians can discuss their ongoing professional challenges and receive guidance and support from their peers.

As with all resources under SafeHaven™, Peer Coaching falls under the protection and confidentiality of the [SafeHaven™ legislation](#). In order to increase comfort and increase utilization, this program works to ensure that coaches are outside of enrollees' social, educational and referral networks through an availability of a national pool of coaches. This confidentiality is key to ensuring that our frontline workers can see help when they need it.

Peer coaching is a valuable strategy for clinicians to maintain their well-being in the face of the demanding and stressful nature of their work. SafeHaven's peer coaching provides a supportive environment, promotes a sense of community, and helps clinicians maintain their professional competencies and continue their professional development.

Learn more about [peer coaching here](#).