

## **Vital Talk**

### **Commitment Statement on Clinician Well-Being and Resilience**

Vital Talk makes communication skills for serious-illness scenarios learnable by developing evidence-based curriculum, delivering high-touch trainings, and building a strong sense of community that empowers front-line doctors and clinicians.

Every clinician wants to communicate effectively. We are champions of communication skills.

We know and believe that effective, empathetic, and honest conversation between a clinician, patient, and their family is fundamental—it is the cornerstone of patient-centered care, which is the future of clinical care.

We've seen too many well-intentioned clinicians communicate in ways that led to tragic outcomes. When clinicians communicate effectively, patients retain more information, have higher trust, and a better quality of life.

We listen, empathize, inform, and witness. When we can, we aim to cure. We always aspire to heal.

Our work with patients in the grips of a serious illness, and the circle of people around them, requires fortitude, compassion, self-knowledge, along with the specialized, professional knowledge we learned through our studies and trainings about that person's illness. It is hard work on a good day. Yet, more often than not, it surprises us with the most enriching, awe-inspiring, and beautiful experiences, the stuff we could not have imagined.

We believe in doing this work together. We know that we are stronger when we have colleagues & friends who live by respect, curiosity, and a big heart. We believe in the face-to-face, in big laughs, and in transformative learning. So, we bring together a tribe of clinicians who share their work, passions, wisdom, pet peeves, and love.