



VITAL WorkLife, Inc. is a national behavioral health consulting practice committed to supporting all dimensions of well being in the workplace. For over 35 years, our proven solutions have helped to reduce workplace conflict, facilitate culture change, strengthen interpersonal communication and build well being. We offer unique solutions to healthcare organizations, including peer coaching for physicians and providers, time saving solutions and technologies, customized consulting, behavioral intervention programs, counseling, education, and critical incident resources.

At VITAL WorkLife, we believe overall well being is essential to satisfaction in one's work and personal life. We use six dimensions of well being - physical, emotional, relational, professional, spiritual and financial/legal - as a framework to evaluate and holistically develop pathways to well being. Working closely with individuals while also guiding teams, we provide support as well as assistance identifying areas of impact and control in establishing healthy behaviors, relationships, lifestyle, selfcare strategies, and work/life choices.

At VITAL WorkLife we believe that burnout of clinicians imperils the achievement of the Triple Aim in healthcare. We are committed to providing data-based information, training and consulting to health care leaders on creating a culture of well being. To this end we have conducted several national surveys on clinician stress and burnout, the most recent (2017) focused on identifying the highest valued and effective organizational strategies for improving well being. Additionally, we actively disseminate related information to leaders through social media, our website, medical journals, public webinars, and direct correspondence.

As a thought leader, we are committed to keeping informed of industry best practices for supporting clinician well being, and actively participating in organizations that support this intention, including: The Coalition for Physician Well-Being and the American Medical Association (AMA). We attend the annual conference of the Coalition for Physician Well-Being, as well as providing guest speakers for events and engaging in committee work. In terms of the AMA we have worked closely with the team overseeing the Steps Forward initiative as well as maintaining regular attendance at the International Conference of Physician Health (an event cosponsored by the AMA, the Canadian Medical Association and the British Medical Association).