

# SESSION 4

## REFLECTIONS FOR END OF DAY

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**#clinicianwellbeing**



NATIONAL ACADEMY OF MEDICINE

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## INDIVIDUAL REFLECTION

- Did you have an epiphany? Describe it in a few words.
- In a few words, what have we missed?

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## PAIR REFLECTION

Put a check mark on your card next to what YOU wrote each time you hear a partner share a similar reflection; and, if you hear something new from a partner, write it down on the back of your card



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## FEEDBACK

- Which threads discussed today should the Clinician Well-Being Collaborative incorporate into their work to improve well-being?
- What can the Clinician Well-Being Collaborative do to stimulate national change?



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## COMMITMENT STATEMENTS

- What is ONE CHANGE I can make in 3 weeks, 3 months, 6 months?
- What is ONE CHANGE I believe my organization can make?