



Peer Support Approaches for Healthcare Providers: Innovation, Engagement, and Connection to Enhance Wellness

Peer support has existed for decades. Research and experience have shown that peer support can be helpful among healthcare professionals. Peer support models have been evolving to address the range of emotional challenges facing the workforce. This 4-part series will provide an overview of innovative peer support models in healthcare and core skills and competencies necessary to design and deliver effective peer support within healthcare settings.



Session 1: Colleagues Involved in Reaching Colleagues through Listening and Empathy (CIRCLE)

November 9 | 12:00-1:00 pm ET

Session 1 will describe a virtual peer discussion group program for physicians called Colleagues Involved in Reaching Colleagues through Listening and Empathy (CIRCLE). Join us to learn about the program's components, successes, outcomes, and impacts on professional wellbeing and engagement with others.

Session 2: ONE 2 ONE 2 CARE: Colleagues Aligning to Respond with Empathy

November 16 | 12:00-1:00 pm ET

Session 2 will review ONE 2 ONE 2 CARE peer support program developed to train faculty and physicians in peer support techniques to provide one-on-one episodic support for distressed peers who reach out to them as trusted colleagues. Learn about the successes, experiences, and lessons learned.

Session 3: Peer Support Skills and Competencies, Part 1

December 7 | 12:00-1:00 pm ET

Session 3 will review the benefits of peer support, Core Peer Support Competencies, the Peer Support flow, and adopting a strengths-based focus. Participants will learn about blocks to connecting and skills for effective engagement.

Session 4: Peer Support Skills and Competencies, Part 2

December 14 | 12:00-1:00 pm ET

Session 4 will focus on the core listening skills for strengths and supporting self-care, how to linkage to wellness/self-care resources, and strategies for becoming a workplace wellness champion.

Presenters:

Chantal Brazeau, M.D., Ping-Hsin Chen, Ph.D., Manasa S. Ayyala, M.D., Margaret (Peggy) Swarbrick, Ph.D., FAOTA

[**More Information & Registration**](#)