Date: February 16, 2021 - This webinar will be delivered in English

Delivery 1: 12:00pm-1:00pm EST (9:00am-10:00am PST)
Delivery 2: 12:00pm-1:00pm PST (3:00pm-4:00pm EST)

Title: Using feedback and coaching to support learner wellness

Presenter: Joan Sargeant PhD, Professor (post-retirement), Continuing Professional Development and Medical Education, Faculty of Medicine, Dalhousie University

Biography: Joan Sargeant, PhD is Professor Medical Education (post-retirement), Continuing Professional Development and Medical Education, Faculty of Medicine, Dalhousie University. She continues to be engaged across the education continuum as an educator, researcher and mentor. In her research program of almost 20 years in feedback and coaching, she explores engagement of learners and practitioners in reflective feedback and coaching discussions that foster their growth and development. This work has most recently directed her attention to understanding how feedback and coaching strategies can more explicitly foster learner and practitioner self-direction and resiliency. Additional research interests over the years included interprofessional education and practice, communication skills, assessing learners and practitioners, and knowledge translation.

Brief Overview: As we continue to hear about challenges to students’, residents’ and physicians’ wellness, our responses include developing supportive strategies to foster health and protect against burnout. One such strategy is using feedback and coaching in clinical settings in ways that will promote learner development and resilience. This session briefly explores the theory that informs such an approach and provides practical tips for implementing it.

Session Objectives:
1. Describe the features of feedback and coaching that can foster learner development.
2. Describe the features of wellness and resilience which protect against burnout.
3. Briefly discuss two theories which help us better understand wellness, resilience and burnout.
4. Draw on the theories to identify feedback and coaching strategies to support wellness and learner development, and protect against burnout.
5. Identify practical tips for using these strategies in participants’ clinical settings.