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President's Message
Dr. Kira McClellan
VJH Physician Society President

December 8, 2020

We are fortunate enough to have secured, along with our Division of Family Practice, Dr. Paul Mohapel for a block of 10 sessions targeting Physician Wellness and Emotional Intelligence in the new year.

These sessions will run weekly from **January 26 to March 30**. Each session will be **1.5 hours**. The program is included at the bottom of this message.

We are trying to determine how we can best support you in attending these if you are interested. This will largely depend on how many of the 161 of you are interested though!

To give us an idea of numbers for our budgeting, **can you please RSVP to Anna Flasch (projectmanager@vernonphysiciansociety.ca) if you are interested in attending**. Scheduled time for this during the week is still TBD.

Thanks in advance.

Kira





As this current COVID pandemic amplifies the pace of change and increases the demands placed on us, our ability to handle our emotional states becomes increasingly important. Emotional intelligence has been linked to our productivity, effectiveness, and well-being. These series of sessions will provide you with a detailed profile on your current emotional skills. Every participant will complete the BarOn EQi 2.0 assessment, which provide specific feedback on how well you are dealing with your emotions, how effectively you interact with others, how well you are coping with stress. Building on the information and insights gained from the EQ assessment, follow-up sessions will focus on specific strategies to develop greater emotional self-awareness, to better manage unhelpful emotions, cultivate greater positive emotional states, and improve emotional resiliency and stress reduction. Strategies will include evidence-based cognitive, self-compassion and mindfulness-based techniques. The course will emphasize a “hands-on”, practical application of emotional skills to enhance well-being, with weekly activities and reflective exercises to develop these skills. The course will be delivered over 10 weekly sessions.

The broad learning objectives include:

- Explore the current research of the constructs of emotional intelligence and wellness.
- Assess your emotional intelligence along 15 sub-scales to your current effectiveness.
- Understand the mechanisms and impact of stress and burnout on the body and brain.
- Cultivate greater awareness of your own personal emotional states.
- Practice skills to counter stress, burnout, negativity and reactivity.
- Explore practices that engender more positive, energizing emotional states.
- Garner greater awareness of one’s values and intentions.
- Develop a plan for further emotional intelligence skills development.

Weekly topics:

Week 1

- Setting the stage – an overview of the program.
- The role of emotions – a neuroscience perspective.

Week 2

- Emotional Intelligence defined.
- Debriefing your BarOn EQi assessment.

Week 3

- Processing your Emotional Intelligence report.
- Determine areas of focus.

Week 4

- Emotional self-perception: Emotional self-awareness.
- Strategies to cultivate greater emotional awareness.

Week 5

- Emotional self-perception: Values and intentions.
- Explore underlying values and emotions.

Week 6

- Emotional management: Emotional reactivity.
- Cultivate the ability to be present with negative emotions.

Week 7

- Emotional management: Stress and burnout.
- Self-compassion practices.

Week 8

- Emotional management: Positive and motivating emotions.
- Strategies to cultivate positive emotions and happiness.

Week 9

- Emotion with others: Compassionate communication.
- Strategies to cultivate greater empathy.

Week 10

- Emotional Intelligence development plan.
- Commitments to future action and support.

The participants will be asked to form “coaching triads” to promote ongoing peer support throughout the 10 week program. Each week the participants will be asked to engage in exercises, which will include reflection, skills practices, and individual assessments.

Participants will be provided with a work booklet that contains course content, descriptions of the weekly exercises, a place to capture reflections and appropriate resources

[Interested? RSVP by clicking here](#)

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