



Women in Medicine Workshops

Has your passion for medicine been diminished by excessive time drains like insurance and EMR's?

Is it a challenge to maintain balance between career, family and your own well-being?

Are there things you want to talk about that only other female physicians will understand?

Did you know:

Every day, on average, a U.S. physician takes his or her own life.

American Foundation for Suicide Prevention

More than half of U.S. physicians report professional burnout. And it is getting worse.

Mayo Clinic

Physician stress and loss of enthusiasm for work erodes professionalism and increases the risk for medical errors.

American Medical Association

Every day you work with people who are both vulnerable and in need. In addition, you face regulatory, administrative and leadership responsibilities that compete for your time and energy. You spend a great deal of your day taking care of others. Who takes care of physicians? We do!

The Emotional Well-Being Family of Companies (EWB) is offering a workshop series for women in medicine. In this series, you will be provided with tools and resources to reduce stress, enhance well-being and reconnect with your love of practicing medicine. The workshops are led by Drew Shrimplin who is a coach and consultant specializing in physician wellness. Each workshop will offer structured experiences for self-discovery and self-improvement combined with the flexibility to “move in the moment” and address the issues that are important to you today, all while receiving the support of other female physicians.

Details

- Eight 90 minute workshops (you do not have to attend every workshop)
- Cost: \$50 per workshop
- Held weekly beginning mid-late January 2018
- Time and day of the week to be determined based on participant availability
- Location will be in Birmingham or neighboring area

To register or for more information, please contact:

Drew Shrimplin **248-885-7589**

www.ewb.life **drewshrimplin@hotmail.com**

About Drew



Drew has over 20 years of related business experience, holds a Master of Arts in Education and Human Development from The George Washington University, is a past Co-president of the Michigan Chapter of the Academy of Integrative Health and Medicine and is a graduate of the Coaches Training Institute. He has served in a variety of executive positions, including those in a Fortune 250 company. Drew's recent engagements include speaking at Dartmouth College on the topic of physician wellness and serving as Visiting Faculty, Leadership and System Change for Beaumont Health's, Faculty Scholar Program in Integrative Medicine. Drew is an approved Physician Coach for the University of Michigan Medical School.