

Mindful Physician Leadership Program

Join a Community of Physician Leaders
in Learning Mindful Approaches to
Leadership, Clinical Practice, and Life

12-Month Training Program
July 2014- July 2015

Hosted by the University of Massachusetts Medical School
Department of Psychiatry and led by its chairman,
Douglas Ziedonis, MD, MPH & Janice Marturano, JD

~ Free Tuition ~



Learn from international leader, **Janice Marturano, JD** Founder and Executive Director of the *Institute for Mindful Leadership*; author of the book, "Finding the Space to Lead," a 2014 Nautilus Award winner

How you may benefit:

- Every physician is a leader and influences others – as leaders, physicians manage multiple complex tasks under constant pressure, leaving limited time for creativity and innovation in healthcare practice.
- This training program provides an opportunity to explore how mindfulness and contemplative practice will help you cultivate qualities of a mindful leader – including being more focused, clear, responsive, creative, and compassionate.
- Explore your ability to step off the “autopilot treadmill” and rediscover the inspiration that brought you to medicine – with dedication and practice, you can transform yourself, your organization and your community.

This one-year program includes 26 hours of activity (CME pending):

- A **one-day retreat** (8 hours) to explore the basics of mindfulness meditation, including its relation to leadership excellence and building community. All must attend one of the two dates being offered: Thursday July 24 or Friday July 25, 2014, 9AM – 5PM
- A series of **six live webinars** (total of 8 hours) to further explore mindful leadership.
- Participating in **10 monthly Mindful Physician Community Groups** (total of 10 hours) to further explore real-world healthcare challenges and the application of mindful leadership in transforming your organization, clinical practice, and general well-being.

Applications due June 30, 2014

For more information on the program and brief application process, please contact:

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This training program is grant-funded by the Physicians Foundation and is being offered at no tuition. Physicians practicing in the state of Massachusetts are eligible to participate. Limited slots are available. More information at www.umassmed.edu/Psychiatry/MindfulLeadership