

~ Free Tuition ~

Mindful Physician Leadership Program

10-Month Foundational Level

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

*Hosted by the University of Massachusetts Medical School
Department of Psychiatry and led by its chairman,
Douglas Ziedonis, MD, MPH & Christine Runyan, PhD, Associate
Clinical Professor of Family Medicine and Community Health*

**Applications due
April 11th, 2016**

*Limited slots are available. Applications
will be reviewed and considered in the
order in which they are received.*

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

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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 – based on the book, “Finding the Space to Lead,” by international leader, Janice Marturano, JD, Founder and Executive Director of the Institute for Mindful Leadership – 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.

Of note, this is the 2nd year this Foundational Level is being offered and graduates of this course will have the opportunity to enroll in a 10-Month Advanced Level next year.

This 10-month program includes the following components (for 31 total hours of activity):

- **2 One-Day Retreats**
(total of 16 hours) to explore the basics of mindfulness meditation, including its relation to leadership excellence and building community.
 - Retreat #1: **Monday May 9th, 2016** (8 hours)
 - Retreat #2: Date TBA (8 hours)
- **10 Monthly Mindful Physician Community Groups**
(total of 15 hours) to further explore real-world healthcare challenges and the application of mindful leadership in transforming your organization, clinical practice, and general well-being.

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.**

More information at:

[www.umassmed.edu/psychiatry/education/
mindfulphysicianleadershipprogram/
program-offerings/](http://www.umassmed.edu/psychiatry/education/mindfulphysicianleadershipprogram/program-offerings/)

