



BECOME A COACH

Professional Development Coaching Workshops at APSA 2023

- Learn Coaching techniques to coach yourself, pediatric surgical trainees and early career pediatric surgeons
- Promote professional and personal growth
- Improve resilience and reduce burnout
- Learn advanced listening skills and coaching strategies

SEVERAL COACHING OPPORTUNITIES AVAILABLE (PRE-MEETING)

ADVANCED, In-person | Holly Neville, MD

May 9, 11:30am - 1:30pm ET

Have you coached before? This class teaches advanced coaching skills and prepares you to coach other pediatric surgeons out of training.

ADVANCED, Virtual | Kerri Palamara McGrath, MD

May 9, 2:00pm - 4:00pm ET

Virtual version of the advanced in-person course.

BEGINNER, Part 1, In-person | Eunice Huang, MD, Holly Neville, MD

May 11, 11:15am - 12:30pm ET

Want to learn coaching skills? This 2-part class prepares you to coach pediatric surgical trainees. Part 2 will be via Zoom in the summer.

Meet the Coaching Team



Eunice Huang, MD
Vanderbilt University
Medical Center
Nashville, TN



Holly Neville, MD
Joe DiMaggio
Children's Hospital
Hollywood, FL



Kerri Palamara McGrath, MD
Director, Physician
Coaching, Massachusetts
General Hospital,
Boston, MA



Rebecca Saberi, MD
University of Miami/
Jackson Memorial
Miami FL



Azalia Avila, MD
Memorial
Healthcare System
Hollywood, FL

PROGRAM DETAILS

BEGINNER TRAINING

In this training, you will learn about coaching and how it differs from mentoring, peer support and sponsorship. Coaching utilizes positive psychology and is driven by the person being coached to set personal and professional goals. The coach functions as a facilitator of their coaches' success.

- This is a 2-part training course. Part 1 will take place at the APSA meeting, part 2 will be conducted via Zoom on June 20 and August 10, 6:00 – 7:30 pm ET.
- Total time commitment in one year = 10.5 hours

Target Audience Open to all APSA members

Benefits Coaching and coach training have been proven to reduce burnout and improve resilience in both the coach and the coached. After completion of training, if interested, you will be paired with a pediatric surgery trainee to coach. Expected coaching sessions are 3 per year. Refresher training is offered prior to each session via Zoom.

ADVANCED TRAINING

In this training, you will advance your coaching skills and be able to perform a full coaching session with your coachee. You will have the opportunity, if desired, to coach pediatric surgeons early in their careers.

- Total time commitment in one year = 10.5 hours

Target Audience APSA member with prior coaching experience or having completed beginner coach training.

Benefits Provide a service to your colleagues! Reduce burnout and improve resilience! After completion of training, if desired, you will be paired with a pediatric surgeon to coach. Expected coaching sessions are 3 per year. Refresher training is offered prior to each training session via Zoom.

FOR ADDITIONAL DETAILS OR SPECIFIC QUESTIONS REACH OUT TO OUR EXPERTS.

[Eunice Huang MD](#)

[Holly Nevill MD](#)