

Title:

Coaching in Medical Education: Building the skills necessary to become a successful coach

Authors:

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Learning Objectives:

By the end of this workshop participants should be able to:

1. Compare and contrast coaching, mentoring, advising, and sponsorship.
2. Identify competencies integral to coaching.
3. Discuss strategies to build relationships with learners when time is short.
4. Practice conducting a coaching session.

Description of proposed workshop:

This interactive workshop will incorporate brief didactics explaining the evidence-based benefits of coaching in medical education. There will also be a discussion on the similarities and differences between coaches, mentors, advisors, and sponsors. The roles and responsibilities of coaching including the importance of being an active listener, creating a safe space, providing feedback and accountability will be talked about. We will also brainstorm ways to develop a meaningful relationship when time is short. This will be followed by a participant roleplay exercise where participants will act as a coach, a student, or an observer to apply and demonstrate the skills discussed earlier. We will then return to the large group to discuss the practical experience and provide take aways that attendees can use going forward.