

# LIGHT

**LIGHT** is Avera's well-being program for physicians, physician assistants and nurse practitioners. **All resources are free and confidential.**



## LEARN

striving for program awareness through website, LIGHT lunches, CMEs and blogs



## INNOVATE

working toward new solutions through research and pilot programs



## GROW

promoting system and government change through advocacy



## HEAL

offering confidential coaching, resources, referrals and Schwartz Rounds



## THRIVE

providing strategies to achieve overall well-being including retreats, socials and retirement workshops

### CONTACT

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### Coaching offers strategies for:

- Navigating change
- Communicating with colleagues, leaders or staff
- Juggling work and home commitments
- Reducing burnout and overwhelm
- Prioritizing time based on values and goals
- Strengthening leadership skills
- Managing anxiety
- Processing critical incidents