

Dear Clinicians (including residents and fellows),

Your well-being matters—and we're here to support it. The Clinician Experience Office (CXO) is excited to once again offer **one-to-one peer Wellness Coaching** for physicians, advanced practice providers, residents, and fellows -- with **all costs covered by CXO**.

Applications are open now through September 24 for our Fall 2026 Program, **running October-December**.

Here's what you'll receive:

- **Four hours of personalized virtual coaching** over three months
- Guidance from a **UMass Memorial physician or APP trained and certified in wellness coaching**
- A confidential, supportive space to focus on your goals and well-being

Program details:

- Enrollment is **first-come, first-served**
- Accepted applicants will:
 - Sign a Wellness Coaching Agreement
 - Complete an online well-being assessment

Spots fill quickly! Scroll down to learn more and apply.

Be well,

Clinician Experience Office

**THIS IS NOT A
PROGRAM TO
BECOME A
WELLNESS COACH**



Participants will receive:

- Virtual one-on-one wellness coaching sessions with a certified peer coach
- Four hours of coaching over three months:
 - Initial 90-minute session: identify goals to improve personal and professional lives
 - Five 30-minute sessions: discuss and work on progress towards goals

Apply to Fall 2026 Program:

https://cxo.formstack.com/forms/wellness_coaching_fall_2026