

IN IT TOGETHER

This document is a list of helpful resources curated weekly for physicians by Medical Affairs' Physician Leadership Development. Please reach out to [Shawn Jolemore](#) or [Lorie Campbell](#) with your comments, questions, or suggestions for additional content.

Free Virtual Coaching, Wellness Check-ins, & Live Supports

Individual Executive Coaching for Physician Leaders

Medical Affairs' Executive Leadership Coach, Lorie Campbell, provides 30 or 60-minute focused, one-to-one virtual executive coaching sessions for formal physician leaders. [Email](#) to book a time.



Group Coaching Calls

Shawn Jolemore and Lorie Campbell provide 60-minute online check-ins. Open to all NSHA Physicians. Next available virtual meetings:

- Wednesday, April 22 from 4:30 p.m.-5:30 p.m.
[Join Zoom Meeting](#).
- Thursday, April 23 from 4:30 p.m.-5:30 p.m.
[Join Zoom Meeting](#).

Daily Physician Wellness Check-In

Join your physician peers, Drs. Jacqueline Kinley and John Chiasson for a daily online meeting to chat about coping strategies and mental health concerns. Meetings are M-F at 12 p.m. and are open to all physicians. [Join Zoom Meeting](#).



Psychological Services

The Canadian Psychological Association has called on its members to provide free psychological services to front line health care providers who may be feeling stressed, overwhelmed or distressed by being on the front lines of this health crisis. A listing of psychologists (by province) can be found [here](#).

DNS Professional Support Program

Doctors Nova Scotia (DNS) provides confidential peer-to-peer support for members and their families who are dealing with personal or professional problems. Call 902-468-8215 or 1-855-275-8215 (toll-free) or via [email](#).



Leadership and Wellness supports for Physicians during COVID-19



Webinars & Online Learning

Live and Recorded

Critical Thinking in the Time of COVID-19

CPD Accredited

Drs. Pat Croskerry Sam Campbell
Tuesday, April 21 at 7 p.m.-9 p.m.
[Register Here](#).

Addressing Grief within our Healthcare Community

Join Serena Lewis and Roy Ellis (NSHA Bereavement and Grief Coordinators) for an interactive Zoom session.
Thursday, April 23 at 9:30 a.m.-10:30 a.m.
[Join Here](#)

Free Virtual Fitness Classes

The QEII Fitness Committee currently offers free virtual fitness classes (via Zoom) weekdays at 12:05 p.m. with instructor Kaycie (via Zoom). Email Jessica.Howe@nshealth.ca if you want to receive weekly meeting links to the classes, and to be added to the distribution list.



COVID-19 Online Resources

Resources for staying well during COVID-19

The Canadian Medical Protective Association (CMPA) has compiled a [comprehensive resource list](#) for front-line health care workers.

Maintaining your and your family's well-being during a pandemic

[Helpful resources](#) from the Canadian Medical Association, including videos, tip sheets, and more.

Canadian Society for Physician Leaders (CSPL) Bulletins

In view of the COVID-19 crisis, the CSPL is committed to providing short and practical [bulletins](#).

Royal College Wellness resources for health professionals

The Royal College of Physicians and Surgeons of Canada has compiled some [wellness resources](#) from around the web to support Fellows who are providing high quality patient care under challenging circumstances.

Mental Health Commission of Canada Covid-19 Resources

Self-care and resilience guides as well as other focus areas related to COVID-19 found [here](#).

Supporting Patients' Mental Wellness During COVID-19: Advice for Health Care Professionals

A [resource](#) from NSHA Primary Health Care.

Preparing for a Crisis Resource

Developed by Dalhousie Family Medicine Psychologist, Dr. Angela Cooper, and her colleague, Dr. Jess Bolton. Part one is available [here](#).

