



*“I’m delighted to have had our cohort meetings. I was changed and I think the hospital was changed as well. It certainly seemed different. And I have met a handful of remarkable clinicians, to whom I would have otherwise remained a stranger.”*

– Surgeon, Littleton Adventist Hospital



# LUMUNOS WELL-BEING COHORTS

*For Physicians, Advanced Practice Providers, Nurses  
and Other Medical Professionals.*

Lumunos Well-Being Cohorts give you evidenced based well-being tools coupled with the power of collegial support. You will experience the encouragement that comes from talking with others who understand both the rewards and challenges of practicing medicine today. At the same time, you will receive individual coaching and tools to work on well-being strategies that fit your life.

## Well-Being Cohorts in a Nutshell:

- Groups of 6-8 clinicians led by a Lumunos facilitator.
- Cohorts for physicians, APP’s, Nurses, and other medical professionals.
- Meets regularly for 6 sessions.
- Meetings happen in-person or with the convenience of online videoconferencing.
- Weekly e-mails and videos with further resources to enable participants to dive into a topic.
- Personal coaching sessions to set goals and create post cohort action plan.

## Topics Include:

- Realistic work-home integration
- Stress relief strategies
- Dealing with what you cannot control
- Communication strategies for work and home
- Compassion fatigue and Moral Injury
- Leadership toolbox
- Dealing with clinician bad days
- Reconnecting with your “why”

## About Us:

Lumunos offers programs for healthcare providers that are designed to foster personal resilience and well-being – outcomes that have a positive ripple effect throughout teams and organizations. Designed in collaboration with clinicians and Chief Medical Officers, our pioneering approach is based on research demonstrating the importance of collegial support, self-awareness, meaning, and purpose. Our programs have been deployed in more than 30 hospitals nationwide.

To learn more & find your cohort:

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