2019-09-26: The Use of Coaching for Student Development and Wellness

The following links were shared during the chat:

- Choosing When to Advise, Coach or Mentor [https://www.jgme.org/doi/full/10.4300/JGME-D-18-00111.1]
- 4 key ingredients to any successful coaching process [https://markcolgate.com/2016/08/12/4-key-ingred](https://markcolgate.com/2016/08/12/4-key-ingred)
- NACE Coaching Certification Program [https://www.naceweb.org/professional-development/coaching-certification/](https://www.naceweb.org/professional-development/coaching-certification/)
- Facilitated Reflective Performance Feedback: Developing an Evidence- and Theory-Based Model That Builds Relationship, Explores Reactions and Content, and Coaches for Performance Change (R2C2) [https://www.ncbi.nlm.nih.gov/pubmed/262200584]
Stacey VanVliet @VanvlietStacey 9 hours ago
Physician development coach here, excited for tonight’s #mededchat

MedEd Chat @MedEdChat 9 hours ago
@c_diazepine Welcome to the chat! #mededchat

MedEd Chat @MedEdChat 9 hours ago
@VanvlietStacey Great to have an expert on board for this topic! #mededchat

MedEd Chat @MedEdChat 9 hours ago
T1 about to come up in a few moments #med #mededchat

MedEd Chat @MedEdChat 9 hours ago
Topic 1: How is coaching different from mentoring or advising? #MedEdChat #meded

Stacey VanVliet @VanvlietStacey 9 hours ago
For me, coaching helps students find their best self, answer own questions rather than me answering for them #T1 #mededchat

MedEd Chat @MedEdChat 8 hours ago
@VanvlietStacey T1 Do you feel that mentors or advisors find answers for learners? #mededchat

Gary Beck Dallaghan @GLBDallaghan 8 hours ago
T1 From my basic understanding, coaching is directed toward a specific need whereas advising and mentoring are long-term commitments #mededchat

Kristina Dzara, PhD, MMSc @kristinadzara 8 hours ago
Kristina here checking in for #MedEdChat while watching the @Eagles game! @DrSinhaEsq @MedEdChat https://t.co/hcsk8Urdui

Kristina Dzara, PhD, MMSc @kristinadzara 8 hours ago
RT @MedEdChat: Don’t forget to join the #mededchat tonight at 9PM NYC to discuss coaching in #meded

Kristina Dzara, PhD, MMSc @kristinadzara 8 hours ago
RT @MedEdChat: Welcome to the #mededchat (US) I am your moderator for the next hour @alliance4clined #meded
RT @GLBDallaghan: @MedEdChat @Alliance4ClinEd Gary here in North Carolina! #mededchat

RT @MedEdChat: If you are tuning in to the #mededchat, remember to use the #mededchat hashtag and try to answer with the Topic numbers (T1, ...)

RT @MedEdChat: Topic 1: How is coaching different from mentoring or advising? #MedEdChat #meded

@BJBRoman T1 Mentoring is generally a longer term relationship based on mutual respect. Coaching is more focused and for defined periods of time to help improve in performance or other area. Advisors generally give advice but might not know if utilized. #mededchat

@BJBRoman @MedEdChat T1 Great definitions, especially related to advising. That's one thing about coaching that is exceptional is the accountability aspect #mededchat

Michelle here checking in for #MedEdChat

RT @MedEdChat: We will assume that all of your tweets during #mededchat are your own during this hour unless otherwise stated #meded

RT @MedEdChat: T1 about to come up in a few moments #meded #mededchat

RT @MedEdChat: Topic 1: How is coaching different from mentoring or advising? #MedEdChat #meded

Mentoring is generally a longer term relationship based on mutual respect. Coaching is more focused and for def...
Gary Beck Dallaghan @GLBDallaghan 8 hours ago
T1 If you’ve not read @mark_colgate and his thoughts on coaching he’s worth the read. Entertaining and to the point. https://t.co/W7DoU0Qt4H #mededchat

Gemma Lill @lil_gemma 8 hours ago
RT @MedEdChat: The #MedEdChat transcript is now online at https://t.co/Qo7aVC9JqP! Great chat about science of learning strategies for tea...

Brenda Roman @BJBRoman 8 hours ago
@GLBDallaghan @MedEdChat T1. Agreed, coaching is more guiding to help an individual. I think you could ask three advisors the same question and get three different answers whereas a coach should examine a person’s strengths and areas for improvement and help develop an individualized plan #mededchat

Brenda Roman @BJBRoman 8 hours ago
Thanks for the recommendation Gary! #mededchat

Mark Shapiro MD @ETSshow 8 hours ago
@GLBDallaghan Mark Shapiro here. Hospitalist & host of Explore The Space podcast. Great topic & Q1! A1: coaching is shoulder-shoulder sharing of expertise & advice to help optimize performance. Something we lack longitudinally in medicine! #MedEdChat CC @DissanaikeMD @SBeesonMD @MedEdChat

Michelle Schmude @michelleschmude 8 hours ago
T1 Coaching helps to one to develop strategies to achieve short and long term goals. #mededchat

MedEd Chat @MedEdChat 8 hours ago
RT @BJBRoman: @GLBDallaghan @MedEdChat T1. Agreed, coaching is more guiding to help an individual. I think you could ask three advisors th...

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#MedEdChat
Mark Shapiro MD @ETSshow 8 hours ago
@GLBDallaghan @mark_colgate Great share! Thank you #mededchat

Kristina Dzara, PhD, MMSc @kristinadzara 8 hours ago
RT @michelleschmude T1 Coaching helps to one to develop strategies to achieve short and long term goals. #mededchat

Dr. Kirsten Brown @DrKirtyBrown 8 hours ago
RT @GLBDallaghan: T1 If you’ve not read @mark_colgate and his thoughts on coaching he's worth the read. Entertaining and to the point. http...

MedEd Chat @MedEdChat 8 hours ago
RT @kristinadzara: #MedEdChat https://t.co/amGzvDPl8A

Michelle Schmude @michelleschmude 8 hours ago
T1 A great professional development opportunity is the NACE certified coaching program #mededchat

MedEd Chat @MedEdChat 8 hours ago
Topic 2: Based on the @JournalofGME article, why is coaching the better method for learners? #MedEdChat #meded #https://t.co/RVmIM83ET6

MedEd Chat @MedEdChat 8 hours ago
@michelleschmude T1 Here is a link to their website for the NACE program https://t.co/tokRwHwQDl #mededchat

Michelle Schmude @michelleschmude 8 hours ago
T2 a great article focusing on the R2C2 model #mededchat https://t.co/8LfBaXfcBD

Gary Beck Dallaghan @GLBDallaghan 8 hours ago
@MedEdChat @JournalofGME T2 I don’t know if coaching is the better method. It depends on the setting and what’s needed. I think mentoring is absolutely needed for learners #mededchat

Stacey VanVliet @VanvlietStacey 8 hours ago
T2: “For successful guidance to occur, learner and faculty expectations must be made explicit, and the approaches and time commitments must match the aims of the session.” Hits nail on head. Establishing coaching agreement is key #MedEdChat
Kristina Dzara, PhD, MMSc @kristinadzara 8 hours ago
RT @VanvlietStacey: T2: “For successful guidance to occur, learner and faculty expectations must be made explicit, and the approaches and t...

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MedEd Chat @MedEdChat 8 hours ago
Here's the link to PubMed for this article https://t.co/VWtLhjd1qI #mededchat

Michelle Schmude @michelleschmude 8 hours ago
T2 Knowing when to be a coach, advisor or mentor to a student is a must. #MedEdChat

Gary Beck Dallaghan @GLBDallaghan 8 hours ago
@VanvlietStacey T2 Great point! Coaching as mini-ILP sessions #mededchat

MedEd Chat @MedEdChat 8 hours ago
RT @VanvlietStacey: T2: “For successful guidance to occur, learner and faculty expectations must be made explicit, and the approaches and t...

Mark Shapiro MD @ETSshow 8 hours ago
@GLBDallaghan @mark_colgate Here's an ep of Explore The Space podcast w/ my coach @SBeesonMD! CC @MedEdChat #mededchat https://t.co/LPxJwfnLmT

Brenda Roman @BJBRoman 8 hours ago
@GLBDallaghan @MedEdChat @JournalofGME T2. Mentoring relationships may fail as they are meant to be long term. I like the idea of a coaching relationship being focused-and if a mentoring relationship ends up happening then great. If not, hopefully the intended outcome for the coaching agreement was met. #mededchat

Alliance4ClinEd @Alliance4ClinEd 8 hours ago
T2 How is coaching different in clinical education compared to classroom settings? #mededchat
Mark Shapiro MD @ETSshow 8 hours ago @VanvlietStacey @MedEdChat Hard co-sign! Shared understanding of goals, techniques & expectations is vital! #mededchat

Daniel Ricotta, MD, FHM @DanielRicottaMD 8 hours ago RT @GLBDallaghan: T1 If you’ve not read @mark_colgate and his thoughts on coaching he’s worth the read. Entertaining and to the point. http...

MedEd Chat @MedEdChat 8 hours ago RT @ETSshow: @GLBDallaghan @mark_colgate Here’s an ep of Explore The Space podcast w/ my coach @SBeesonMD! CC @MedEdChat #mededchat https:...

Christopher Friese @ChrisFRIese_RN 8 hours ago RT @michelleschmude: T2 a great article focusing on the R2C2 model #mededchat https://t.co/8LfBaXfcBD

Dr. Samantha Lemus-Martinez @DrLemusMartinez 8 hours ago RT @MedEdChat: Topic 2: Based on the @JournalofGME article, why is coaching the better method for learners? #MedEdChat #meded https://t.co...

Sarah Tajani @sarahtajani 8 hours ago RT @MedEdChat: Topic 2: Based on the @JournalofGME article, why is coaching the better method for learners? #MedEdChat #meded https://t.co...

Alliance4ClinEd @Alli4ce4ClinEd 8 hours ago RT @ETSshow: @GLBDallaghan @mark_colgate Here’s an ep of Explore The Space podcast w/ my coach @SBeesonMD! CC @MedEdChat #mededchat https:...

Brenda Roman @BJBRoman 8 hours ago @Alliance4ClinEd T2. Not sure enough coaching happens in clinical education-at least for medical students as they see so many different residents and attendings. For residents, having a coach who can guide in improving performance could be good. #MedEdchat

Gary Beck Dallaghan @GLBDallaghan 8 hours ago @BJBRoman @MedEdChat @JournalofGME T2 What about coaching failures? I’m sure they occur….what then? #mededchat
Alliance4ClinEd @Alliance4ClinEd: T2 Do you think that is why longitudinal clinical experiences appear to be better than block clerkships? There is the opportunity to have more of a coaching relationship #mededchat

Brenda Roman @BJBRoman: T2. Very true—but then maybe the coach shouldn’t be in that role? #MedEdChat

Gary Beck Dallaghan @GLBDallaghan: T2 Therein lies the issue with mentors, advisors and coaches.....training and preparation. Do we in #meded carve out time for faculty to learn how to do this well? #mededchat

Brenda Roman @BJBRoman: T2. Tell us more about the coaching agreement in this model #MedEdchat

MedEd Chat @MedEdChat: Topic 3: What research should be done to determine the benefits of coaching over other forms of advising? #MedEdChat #meded

Gary Beck Dallaghan @GLBDallaghan: RT Stacey VanVliet @VanvlietStacey Replying to @BJBRoman @Alliance4ClinEd Trying a new model here where same coach follows through all 4 years of med school, preclinical and clinical coaching. Hopefully the long term relationship helps. All coaches clinicians #mededchat

Brenda Roman @BJBRoman: T3. Wouldn’t it be interesting to offer academic advising and academic coaching in the area of knowledge mastery and compare outcomes? #MedEdChat

Gary Beck Dallaghan @GLBDallaghan: T3 This is something I am very much interested in....especially the need to firmly define these terms and then consider outcome measures #mededchat

Gary Beck Dallaghan @GLBDallaghan: T3 Yes it would. #mededchat
T3 I wonder what we might be able to learn from other progressions in this area! #MedEdchat

Terry Kind, MD MPH @Kind4Kids 8 hours ago
@GLBDallaghan MedEdChat Defined by whom? Or is that the study? #MedEdchat

T3 Great question! Would love to show positive outcome data. However successful coaching is about so much more than academic performance and other tangible measures...wellness, career satisfaction, etc #MedEdChat

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Kristina Dzara, PhD, MMSc @kristinadzara 8 hours ago
RT @michelleschmude: T2 Knowing when to be a coach, advisor or mentor to a student is a must. MedEdChat

Alliance4ClinEd @Alliance4ClinEd 8 hours ago
VanVlietStacey T3 Would those be primary outcomes or secondary to improved academic performance? Regardless....those outcomes would definitely support more robust coaching. mededchat
Dawn Cooper @dcgrzyme
8 hours ago
@MedEdChat T3: We have a coaching program here and I am very interested in researching outcomes as well #MedEdChat

MedEd Chat @MedEdChat
8 hours ago
RT @VanvlietStacey: T3 Great question! Would love to show positive outcome data. However successful coaching is about so much more than a...

MedEd Chat @MedEdChat
8 hours ago
We have about 5 more minutes left in our discussion. Please feel free to give some final thoughts #meded #mededchat

Gary Beck Dallaghan @GLBDallaghan
8 hours ago
Final Thought: There is a great deal of excitement around coaching in #meded. Hope we analyze this process based on stated goals, but it will take group effort. #mededchat

MedEd Chat @MedEdChat
8 hours ago
That's a wrap...I will post the #mededchat transcript tomorrow morning on https://t.co/mJivoKroXx on the Resources page. Thanks everyone for participating! #meded

MedEd Chat @MedEdChat
8 hours ago
Join us again next week at 9 pm Thursday. Don’t forget to suggest topics by DM or email #meded #mededchat

Michelle Schmude @michelleschmude
8 hours ago
T3 researching if coaching helps students grow their professional identity would also be a great topic. #mededchat

Metrek AlMetrek,MD @MetrekAlMetrek
8 hours ago
RT @MedEdChat: Topic 3: What research should be done to determine the benefits of coaching over other forms of advising? #MedEdChat #meded

MedEdBot @MedEdBot
7 hours ago
RT @GLBDallaghan: Final Thought: There is a great deal of excitement around coaching in #meded. Hope we analyze this process based on stat...

MedEdBot @MedEdBot
7 hours ago
RT @MedEdChat: That's a wrap...I will post the #mededchat transcript tomorrow morning
on https://t.co/mJivoKroXx on the Resources page. Tha...

**MedEdBot** @MedEdBot
7 hours ago
RT @MedEdChat: Join us again next week at 9 pm Thursday. Don’t forget to suggest topics by DM or email #meded #mededchat

**JHORTIN** @JHORTIN
17 hours ago
RT @MedEdChat: RT Stacey VanVliet @VanvlietStacey Replying to @BJBRoman @Alliance4ClinEd Trying a new model here where same coach follows...

**Janelle Bludorn** @JanelleRBlu
7 hours ago
RT @MedEdChat: Topic 1: How is coaching different from mentoring or advising? #MedEdChat #meded

**Ricardo Correa MD, EsD, FACP, FACE, FAPCR, CMQ** @drricardocorrea
4 hours ago
@ENDOUNO @vtangpricha This is a great topic and something that I have been working for several years with national org. Evaluating an applicant just based on one part of the pie is not adequate and decrease diversity. Soon will be coming an article about holistic review for IMGs #MedEdchat #medtwitter

**Ricardo Correa MD, EsD, FACP, FACE, FAPCR, CMQ** @drricardocorrea
4 hours ago
@ENDOUNO As part of InCuS, USMLE composite committee and ACP educational committee this is a great topic that have many view points. I try to understand all of this. I can not comment on my personal view due to my involvement on this but will like to hear other #MedEdchat #medtwitter

**Cambridge Assessment Admissions Testing** @admissionstests
3 hours ago
We recently took part in a podcast on applying to study #medicine in the UK. Listen now. #MedEd #MedEdchat #aspiringmedic #admissions

**HSFC Early Applicants.** @HSFCEarlyApps
3 hours ago
RT @admissionstests: We recently took part in a podcast on applying to study #medicine in the UK. Listen now. #MedEd #MedEdchat #aspiringme...

**MedEdBot** @MedEdBot
3 hours ago
RT @admissionstests: We recently took part in a podcast on applying to study #medicine in the UK. Listen now. #MedEd #MedEdchat #aspiringme...
Here's a case from the Human Diagnosis Project I thought you might find interesting: [Link]

#MedEdchat #medtwitter #endotwitter #MedEd #medicine

@endojc @ASBMR @ACPinternists @TheEndoSociety @TheAACE

My first ever podcast! If you are interested to learn about applying to study medicine in the UK, have a listen! #medicine #MedEd #MedEdchat #aspiringmedic #admissions #wideningaccess #widening participation

No managers hurt in production of this OSCE. #MedEd #MedEdchat @VickT75 @SamReece16 @GillianFogarty4 @zephcurwen [Link]

Well away with our minor injuries ocse #headInjury #ankleinjury #wound @BuryRochCO_NHS @Jacquel00384360

RT @coates999: No managers hurt in production of this OSCE. #MedEd #MedEdchat @VickT75 @SamReece16 @GillianFogarty4 @zephcurwen [Link]
The #MedEdChat Influencers

Top 10 by Mentions

@MedEdChat 45
@GLBDallaghan 18
@BJBRoman 14
@VanvlietStacey 12
@Alliance4ClinEd 11
@JournalofGME 10
@mark_colgate 9
@SBeesonMD 5
@michelleschmude 5
@ETSshow 3

Top 10 by Tweets

@MedEdChat 24
@kristinadzara 17
@GLBDallaghan 12
@BJBRoman 10
@MedEdBot 8
@michelleschmude 6
@VanvlietStacey 4

@Alliance4ClinEd 4

@ETSshow 4

@drricardocorrea 3

**Top 10 by Impressions**

@MedEdChat 176.2K

@kristinadzara 76.2K

@ETSshow 24.5K

@GLBDallaghan 15.3K

@MedEdBot 10.8K

@Kind4Kids 7.1K

@BJBRoman 4.2K

@michelleschmude 4.1K

@drricardocorrea 3.5K

@ChrisFriese_RN 2.2K