

# LEARN BY LEADING

## HUDDLE FOR CONNECTION: A WELLNESS ELECTIVE

**Learn how to lead team huddles that foster meaning and connection.**

**In this 1-week elective, any medical student, trainee or attending can learn to facilitate and co-facilitate sensitive conversations, teach, and engage other team members in wellness practices.**

### INTRODUCTION

Burnout is a real problem in the practice of medicine. Feeling connected with co-workers, having your voice valued and experiences validated can be protective or at least provide a softer place to land when you experience burnout.

Open to medical students, trainees and attending physicians, this one-week elective (Monday to Friday) provides a chance to practice pausing to connect. The learner will practice skills as they facilitate and co-facilitate sensitive conversations, teach, and engage other team members in wellness practices such as mindfulness.



**To learn more about this wellness elective, or register, please contact:**

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### WHAT TO EXPECT

#### Check-in Practice

Prior to rounding, the learner will lead the team through a brief exercise such as stretching, breathing, debrief the day before, or three minutes of exercise to help center the team. The time allotment is about 3 minutes.

#### Brief Didactic Activity

The learner will give a brief didactic or lead the team through an experiential activity on a topic such as identity, faith/religion, LGBTQ, micro-aggressions, racism, sexism, trauma informed care—for example. The experiential activity could include reading an essay, watching a short video or showing art pieces to the team. The time allotment is about 5 minutes with several minutes for team members to make comments or ask questions. Leading a didactic provides the learner an opportunity to help make stronger connections to the content by relating the teaching to the patients throughout rounds.

#### Personal Coaching

Prior to starting this elective, the learner will meet with Dr. Cowan to sketch out what activities and topics they will cover. Additionally, this could provide a chance to brainstorm any concerns that could arise for the learner for example what to do if a team member didn't agree, became emotional, or didn't want to participate. Each day after rounds the learner will briefly debrief with Dr. Cowan on what went well and what could be improved on with their teaching or bringing it back to patient care.