



TAKE 5

SUPPORTING LEARNER WELL-BEING

Five strategies to help develop competent and compassionate healthcare professionals who thrive in our rapidly changing healthcare environment.

1 GET TO KNOW YOUR LEARNERS

- Show authentic interest in your learner.
- Learn how to pronounce their names.
- Ask about their personal and professional journeys.
- Make yourself accessible.

2 ROLE MODEL CONTINUOUS LEARNING AND IMPROVEMENT

- Encourage free and open discussion of viewpoints.
- Help learners recognize everyone has limitations.
- Share with learners the limits of your knowledge.

3 ROLE MODEL STRATEGIES THAT FOSTER SELF-CARE

- Share your strategies for self-care and work-life integration.
- Talk about your hobbies and interests.
- Encourage learners to participate in enjoyable activities outside of work.

4 BE OPTIMISTIC ABOUT HEALTHCARE

- Relay your hopes to meet patient, family, and health care team needs.
- Highlight your efforts to improve how care is delivered.

5 PROVIDE PERFORMANCE FEEDBACK

- Give high quality feedback in a positive learning environment.
- Point out how you are learning from each other.
- Emphasize that you are caring for patients together.

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