

Stellingen

behorende bij het proefschrift

Coaching for Better Physician Well-Being

1. Self-coaching can effectively be used to promote positive change among physicians (this thesis)
2. Problem talk creates problems—solution talk creates solutions (Steve de Shazer, in Berg & Szabó, 2005)
3. Coaching can reduce and potentially prevent burnout among physicians (this thesis)
4. Physicians seek person-centered support interventions, especially when in distress (this thesis)
5. For physicians, a problem shared is not always a problem halved (this thesis)
6. A one-size-fits-all approach to physician well-being is insufficient (this thesis)
7. A good match between coach and coachee makes or breaks coaching
8. In healthcare, individual-level interventions are considered a respite rather than a solution (Anthony Montgomery, 2014)
9. Crossover and spillover effects of coaching are important topics for future research
10. The high-stakes working environment, extensive job demands, and scarcity of resources make healthcare a breeding ground for burnout
11. It's more fun to talk to someone who doesn't use long, difficult words but rather short, easy words like 'What about lunch' (A. A. Milne, Winnie de Pooh)