Transition to Practice: Moving Forward Together



Hayley Harlock, MSW

The Flipside Life

www.theflipsidelife.com



IG: @_theflipsidelife TW: @LifeFlipside

Learning objectives

 Describe the impact the transition to practice can have on partners, families and supporters of physicians;

 List the possible implications the transition to practice can have on relationships, and apply strategies to help minimize impact and improve the overall experience of physician families.



The impact of transition to practice on partners, families & supporters



(The good the bad & the ugly...)

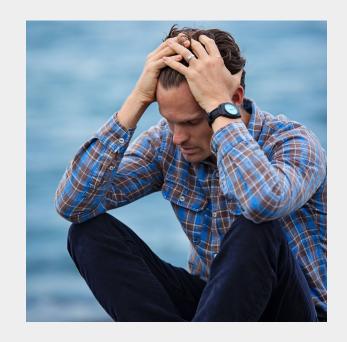


- Emotional
- Family/Relationship
- Practical
- Financial





Emotional





Family & Relationships





Practical





Financial





Establish realistic expectations





- Establish realistic expectations
- Clear & honest communication





- Establish realistic expectations
- Clear & honest communication
- Prioritize yourself





- Establish realistic expectations
- Clear & honest communication
- Prioritize yourself
- Make time for your most important relationships





- Establish realistic expectations
- Clear & honest communication
- Prioritize yourself
- Make time for your most important relationships
- Set boundaries & stick to them





- Establish realistic expectations
- Clear & honest communication
- Prioritize yourself
- Make time for your most important relationships
- Set boundaries & stick to them
- Ask for help





Establish Realistic Expectations





Clear & Honest Communication





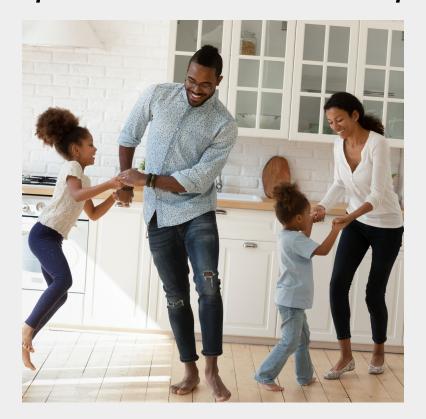
Prioritize Yourself

(aka remember to put your oxygen mask on first!)





Make Time For Your Most Important Relationships



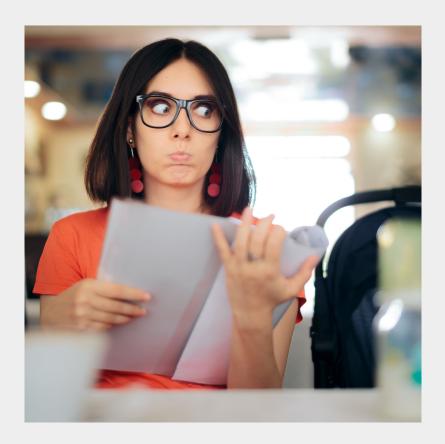


Set Boundaries & Stick To Them



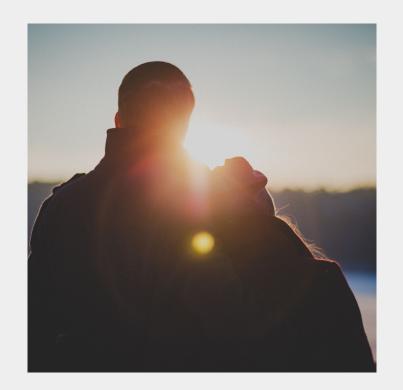


Ask for Help





Remember, you are on the same team!





Which aspects of your *transition to practice* journey are you most excited about & looking forward to?



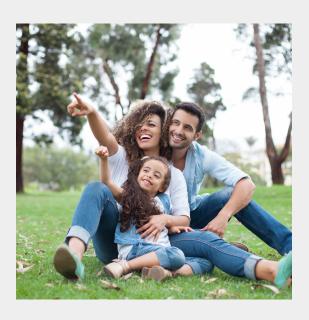
Is there anything about your *transition to practice* journey that you are feeling apprehensive or nervous about?





Resources for physician families

- The Flipside Life (TFSL)
- CMA Wellness Support Line
- Physician Family Magazine
- AMA Alliance
- *Married to Doctors* Podcast
- Homewood Health
- MD Financial
- MedsHousing





The Flipside Life



JULY 15, 2021 10AM-5PM EDT*

TICKETS ON SALE NOW!
TFSL.EVENTBRITE.CA

THE BETTER TOGETHER PROJECT 2.0

VIRTUAL CONFERENCE

MEET THE PANEL



HAYLEY HARLOCK
FOUNDER
THE FLIPSIDE LIFE



NINA HONEYCUTT
PANEL MODERATOR
SOCIAL WORKER +
PHYSICIAN SPOUSE



LARA MCELDERRY

MARRIED TO DOCTORS

PODCAST + COACH

MEET THE SPEAKERS



ERIKA BEHUNIN LICENSED CLINICAL SOCIAL WORKER



DR. SAUNDRA DALTON-SMITH

PHYSICIAN, AUTHOR + | |

WELLNESS EXPERT



DR. AMY D'APRIX

LIFE TRANSITIONS EXPERT



KRISTIN FLANARY

MARKETING +

COMMUNICATIONS PRO



CHRIS GOODEN

EXERCISE PHYSIOLOGIST



KENDRA HARVEY
CERTIFIED LIFE COACH
IT GETS BETTER NOW



HEATHER RIFKIN

AMA ALLIANCE
PRESIDENT-ELECT



DONNA BAVER ROVITO

EDITOR
PHYSICIAN FAMILY
MAGAZINE



CURTIS WEBSTER
FOUNDER
DADS MARRIED TO
DOCTORS



DR. KWADWO KYEREMANTENG PHYSICIAN + FOUNDER OF SOLVING HEALTHCARE



DR. ALIKA LAFONTAIN PHYSICIAN + CMA PRESIDENT-ELECT



KELLY NOLAN
TIME MANAGEMENT



JAMIA PONDER FOUNDER + CREATOR OF THE MRS. BESIDE



DR. SANDRA PRIMIANO
PSYCHOLOGIST
HOMEWOOD HEALTH



SARAH SCOTT

MOMMY BLOGGER
THESCOTTYSTYLE.COM



VALERIE SPIRONELLO SOCIAL WORKER + MINDFULNESS EXPERT

I was never able find an event just for physician partners - so I created one. And I'm hosting it again this year. Join us for an all-day virtual event full of learning, connection and fun! It's an opportunity to engage and connect with experts, leaders and rockstars – many from within our community of physician families. I look forward to seeing you at The Better Together Project 2.0.

HAYLEY HARLOCK
FOUNDER, THE FLIPSIDE LIFE

THANKS TO OUR PARTNERS AND SPONSORS



cotiabank. lealthcare+







Thank you for your time.



Wishing you all the best as you & your family transition to practice.