



Davidson Centre for the Professions builds and sustains excellence for practitioners of the traditional vocations of law, medicine, ministry, and public service through advanced, integrative programs designed to strengthen professional and personal success.

The center is located in the historic college town of Davidson, North Carolina – within the Charlotte metropolitan area.

To make reservations for the Physician Program, or for further inquiries, please contact us.



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MEDICINE

THE PHYSICIAN PROGRAM

Excellence in medicine is sustained by professionals who are intellectually, physically, emotionally, and spiritually healthy.





Davidson Centre for the Professions is a nationally and internationally recognized center that serves individuals in the traditional vocations of law, medicine, ministry, and public service. Founded in 2003, we offer unique, targeted, and integrative programs to build resilience, health, and self-care for professional and individual success.

The center's staff has extensive experience working with highly trained professionals, bringing together the best practices of established, creative, and successful initiatives.

THE PHYSICIAN PROGRAM

The Physician Program includes an on-site, five-day experience with follow-up Professional Coaching. The program's focus is to equip leaders to thrive in an often challenging profession while balancing professional achievement, family, self-care, and fidelity to their original calling.

Located in the college community of Davidson, North Carolina, we provide a welcoming, comfortable place apart from the normal distractions and interruptions of everyday life.

PROGRAM OBJECTIVES

- **Advance physicians toward a healthier balance** between work, family, self-care, and community
- **Coach successful doctors to navigate their own life and career satisfaction** to become more effective in their profession

- **Identify strategies for dealing with the high degree of natural stress** in the medical profession, where thoughtful individuals work to find balance in their own lives while caring for patients within the changing demands of contemporary medicine
- Provide specific professional resources to **help physicians envision and attain their future path**
- **Sustain commitment to one's original vocational calling** and desire to provide altruistic care
- **Further the loyalty, trust, and integrity between** highly recruited and valued physicians and their health care organizations

PROGRAM OVERVIEW

Group size is limited so each person can engage fully in afternoon seminars and have essential one-on-one time with leaders.

Throughout the week, participants receive:

- Daily individual consultations
- Daily seminars
- Fitness evaluation/consultation
- Daily individual sessions with a personal trainer
- Individual Spiritual Direction (connection to purpose)
- Professional Coaching with follow-up services



The Davidson Centre for the Professions is centrally located in the pedestrian-friendly village of Davidson, North Carolina.