Gaurava Agarwal, MD, discusses the Scholars of Wellness
On Jan. 27, 2021, the AMA held a webinar in the AMA STEPS Forward™ series: "The Scholars of Wellness: A faculty development program to create wellness champions."

The National Academy of Medicine’s Action Collaborative on Clinician Well-being and Resilience recommends a systems approach to professional well-being. However, there are challenges to implementing this approach including the need for a coalition of trained individuals who can drive change.

An award-winning faculty development initiative called the Scholars of Wellness is presented in this webinar. Learn how the initiative can be adopted by organizations to help create a critical mass of faculty wellness champions that can advance well-being at the organizational level.

Webinar recording

Speaker

Gaurava Agarwal, MD, associate professor in the Departments of Psychiatry and Behavioral Sciences and Medical Education, Northwestern’s Feinberg School of Medicine, and director of physician well-being at Northwestern Medicine Medical Groups

Dr. Agarwal is a nationally recognized educator who has won multiple prestigious awards for his work. He serves as a wellness consultant to multiple national research groups and is a certified leadership, organizational, and well-being coach.
Dr. Agarwal specializes in occupational and organizational psychiatry with an emphasis on workplace mental health.