

High Performance Coaching Program for Doctors

Structured coaching to help you move from where you are to where you want to be

Exclusive to AMA members

6 Month & 12 Month Options

6 Month Program | 12 CPD Hours | 6 X 1hr Coaching sessions via zoom | \$1870 (incl GST)

12 Month Program | 20 CPD Hours | 10 X 1hr Coaching sessions via zoom | \$2970 (incl GST)

Overview

The High Performance Coaching Program for Doctors is designed to support doctors who are ready to take their next professional step with purpose, clarity and confidence. Whether you're looking to accelerate your development, improve focus, manage complexity or break through performance barriers, this program offers the structure and support to help you make meaningful progress.

Delivered as either a 6-month (6 sessions) or 12-month (10 sessions) program, this one-on-one coaching experience helps you clarify your goals, build momentum and develop the habits and behaviours needed for sustained success.

High performance coaching focuses on bridging the gap between your current reality and your aspirational future. It's not just about setting goals — it's about building a roadmap, identifying and removing barriers, strengthening self-awareness and taking consistent, purposeful action.

With your coach, you'll explore strategies to reduce interference, quiet internal self-doubt, set intent and align your actions with your values and ambitions — helping you unlock your full potential and lead with confidence in all areas of your professional life.

What to expect

The High Performance Coaching Program is a tailored one-on-one experience, delivered via Zoom, with each coaching session lasting one hour. You'll work with an accredited executive coach who has extensive experience supporting doctors and health professionals.

Once you've booked, you'll schedule your first session with your coach. You'll also receive pre-work to help define your goals and focus areas for the program. Sessions are then booked progressively at a pace that suits you — whether you prefer a regular rhythm or need flexibility around clinical or personal commitments.

Each session is focused on your real-time goals, decisions and challenges. You'll leave with clear actions, practical strategies and, where relevant, additional tools or resources to support your development. Your coach is also available for email or phone support between sessions if needed.

Whether you choose the 6-month or 12-month version, the program is designed to help you build new habits, reduce barriers and move purposefully towards your professional goals.

Why should I attend this session?

High performance coaching is a personalised, focused approach to accelerating growth, strengthening performance, and making meaningful progress in your professional life. Whether you're looking to shift gears, overcome internal roadblocks, or clarify where you're heading next, this program provides the structure and support to help you move forward with purpose.

Working one-on-one with an experienced executive coach, you'll learn how to:

- Clarify your goals and define what success looks like for you
- Identify and reduce the internal and external factors that hold you back
- Tackle negative self-talk and build a mindset that supports progress
- Create realistic action plans and build new, sustainable habits
- Move from intention to action, step by step, with support and accountability

This program is designed to help doctors cut through overwhelm, build momentum, and reach their goals with clarity and confidence.

Who should attend this session?

This program is for any doctor who has a goal they want to achieve and would benefit from structured support to get there.

You might be looking to:

- Secure a place on a competitive training program
- Prepare for exams — whether for the first time or after previous attempts
- Step into your next professional role or career milestone
- Build new skills or increase your confidence in a specific area
- Improve performance in your current role while managing workload and stress
- Shift unhelpful behaviours or habits that are getting in the way
- Manage time more effectively and work more efficiently
- Reduce interference and increase clarity and focus
- Create more space for the things that matter outside of work

If you're ready to move forward but aren't sure how to start — or want someone in your corner to keep you accountable — high performance coaching can help.

Program Objective

To equip early career doctors with the skills, strategies and confidence needed to perform effectively in competitive medical interviews. Through tailored one-on-one coaching, structured practice and targeted feedback, the program supports participants to refine their communication, strengthen their professional presentation, and approach interviews with clarity and confidence — from internship through to fellowship applications.

Program Outcomes

Upon completion of the High Performance Coaching program, participants can expect to:

- Clarify goals and priorities – Identify what matters most and set focused, achievable objectives aligned with personal and professional aspirations
- Strengthen accountability – Build greater ownership over actions and outcomes, maintaining momentum between sessions
- Develop targeted skills – Build practical capabilities (technical or interpersonal) that support progress and performance
- Build confidence – Experience greater self-belief through consistent progress, constructive feedback and measurable achievements
- Adapt and problem-solve effectively – Strengthen the ability to respond flexibly to challenges and adjust course when needed
- Maintain sustainable progress – Learn strategies and habits to sustain motivation, manage setbacks and stay on track long term
- Use resources efficiently – Improve time, energy and focus management to reduce waste and increase impact
- Enhance decision-making – Make considered, aligned choices that support both immediate progress and longer-term direction
- Improve communication – Strengthen clarity, assertiveness and professional presence in key conversations
- Refine leadership capability – Build greater confidence in influencing, guiding teams, and delivering results in complex environments

These outcomes support participants to move from their current state to their desired future with clarity, purpose and practical strategies that stick.