Professional & Career Coaching for Physicians

Karen J Souter MB BS FRCA MACM Certified Professional Coach

I am a practicing physician with years of experience in leadership and education and I am a certified, professional coach. I provide personalized coaching for physicians who want to want to optimize their careers and live life on their own terms. (LinkedIn)

I believe that professional coaching is an essential part of a physician’s toolbox. Coaching can help you navigate the complexities of a successful medical career and maintain control of the things that are important in your life.

Why Work With a Coach?

Coaching is widely and successfully used in the business sector to develop individuals and teams. In the medical world the opportunity to work with a coach is more limited and may even be perceived as something negative. It’s Not!

The physicians I coach tell me it’s a luxury to be able to work with someone who will offer them time and space; who will listen profoundly as they speak and then ask direct and challenging questions to move them forward. The physicians I coach go away from our sessions feeling energized, empowered and with an enhanced sense of direction.

How Coaching Can Enrich the Lives of Physicians:

Newly qualified, just out of residency

- Providing focus in identifying the right career path
- Being strategic and intentional in setting short & long term goals for professional advancement
- Identifying the right skills, tools & mentors at each stage of your career

Mid-career physicians and emerging leaders

- Managing change as new opportunities present themselves
- Inspiring yourself and others
- Leading with authenticity
At all levels

- Navigating your career as important life events intervene
- Finding balance between career goals and personal life
- Contemplating a new role, career or retirement? What will the next chapter of your life look like?

In Training - Medical Students and Residents

- Taking an intentional approach to you training and beyond
- Identifying true values and goals that will keep you grounded during the rollercoaster ride of medical school and residency
- Setting yourself up for success at the very start of your career

What the people I coach are saying...

“Karen is a patient and thoughtful coach who created a comfortable space for reflection and prioritization. She provided helpful exercises and assisted me in creating action plans. These have led me to a better understanding of myself and an improved set of tools to deal with future challenges. I am grateful for the progress we have made and am excited to work with her in the future!”

About Me

I completed my medical degree (M.B., B.S.) and postgraduate training in Anaesthesia (FRCA) in the UK, and did neuroanesthesia fellowship training in Canada. I then practiced as a consultant anaesthetist in a university setting in England.

In 2002, I moved to the US and became a member of a large academic anesthesiology department where I served as the residency program director. During this 12-year period, I had the privilege of working with 100s of amazing young women and men, helping them navigate the “choppy seas” of residency to flourish as outstanding anesthesiologists. In 2011, I received the ACGME “Parker J Palmer Courage to Teach” award in recognition of my work related to resident education, and in 2015 I completed a Master’s degree in Academic Medicine (MACM). Throughout my career, I have taken an active leadership role nationally in a number of professional societies related to anesthesia and education.
In recent years, I have stepped away from the limelight of academic leadership, focusing instead on working with individual physicians. I completed professional coach training and I am certified by Seattle Coach®.

I enjoy a career as **both a practicing anesthesiologist and a professional coach**. In my career, I have achieved a certain amount of success as a clinician and academician and I know the joy and satisfaction a career in clinical medicine affords. I also know firsthand the challenges and personal struggles we all face.

When I work with physicians as a coach I hear about excitement and success; frustration and disappointment - these are the realities of the physician’s journey. As a coach I have the privilege of helping brilliant women and men tap into their strengths, maintain their authenticity and overcome obstacles as they navigate the rollercoaster ride our amazing profession offers.