

WISE Learning Groups

What are WISE Learning Groups?

WISE stands for Women Inspire, Support, Elevate

WISE learning groups are facilitated peer coaching groups with trained peer facilitators based on content from the book How Women Rise by Marshall Goldsmith and Sally Helgeson.

Think of it as *book club* meets *women's night out* meets *coaching and leadership development*.

The Objectives

- To build connection and community
- To build self-awareness for participants
- To learn and practice skills based on the coaching tips in the book
- To share experiences and troubleshoot challenges in a confidential space
- To improve the work experience for women at UCSF

The Details

- Open to women UCSF Health Attending Physicians and Advanced Practice Providers
- Meet for 2 hours once every 1-2 months over the next year
- Groups commit to stay together for a year
- Facilitated by peer facilitators
- Each meeting will be based on pre-reading 1-2 chapters from the book *How Women Rise*
- Groups will be assigned based on availability and location/scheduling preferences for your convenience

Space is currently limited as this is a pilot to demonstrate effectiveness.

We hope to expand to more audiences and more participants after the initial pilot.

Send questions to Diane.Sliwka@ucsf.edu or Angela.Karahalios@ucsf.edu.