



AMIE LANGBEIN

PROFESSIONAL CERTIFIED COACH, FAMILY PHYSICIAN

OVERVIEW

Dr. Amie Langbein is an executive coach, board-certified family physician, consultant, educator, and respected speaker focusing on personal and professional development to create insight driven meaningful change. She has over 20 years' experience with training in psychiatry, family medicine and coaching. She is a skilled coach, trusted thought and accountability partner and group facilitator. She is known for empathically supporting clients to facilitate meaningful change to enhance well-being and performance.

Amie specializes in transformational coaching, leadership development, education and enhancing clients' growth mindset. She works with professionals and leaders within healthcare, small business, start-up's, universities and Fortune 500 organizations. Her specialty is working with individuals in highly stressful environments make meaningful transformations personally and professionally. Amie coaches physicians, medical residents and students as well as allied health professionals focusing on stress reduction and resiliency strategies, skill building to mitigate burnout, enhancing self-awareness, self-care, time management and work-life balance. She coaches high potential leaders on leadership presence, communication and presentation skills growth mindset, stress management, building high performance teams, emotional intelligence, strengths assessments and managing up.

In addition to providing coaching, workshop trainings, and consulting, Amie teaches Health and Wellness Coaching to undergraduate students within the School of Nursing and Allied Health at Holy Family University. She is also a frequent lecturer and guest speaker for professional organizations, hospitals, and universities.

EDUCATION

- Certified Co-Active Professional Coach, The Coaches Training Institute
- Penn Program for Mindfulness Reduction for Healthcare Professionals
- Externship, Philadelphia Child Guidance and Family Therapy
- Family Practice Residency, Co-Chief Resident, Delaware Valley Medical Center, Langhorne, PA
- Psychiatry Internship, Hahnemann University Hospital, Philadelphia, PA
- Medical Internship, Delaware Valley Medical Center, Langhorne, PA
- D.O. Philadelphia College of Osteopathic Medicine
- B.A. Magna Cum Laude, Tufts University

CERTIFICATIONS

- International Coaching Federation (ICF) Professional Certified Coach (PCC)
- Certified Conscious Business Coach
- Great Story Program Coach Training, Lucid Living
- Certified Brené Brown Daring Way Facilitator

WHAT CLIENTS SAY

"I have worked with Amie for more than a year and during that time Amie has helped me make great strides in changing my perspective of self and charting a new course for the life I envision based on my goals and values. Amie is super positive, energetic and an incredibly motivational coach who has a keen ability to listen and provide thought provoking questions that help you delve deeply to the core of an issue. Because of Amie's background in medicine, she knows the difficulties healthcare professionals face as they make changes and choices necessary to grow personally and professionally. Amie will ask the tough questions in an empathic manner in order for her clients to reach their full potential. I highly recommend Amie to anyone looking for guidance, support and skill building from a coach who has "walked the walk."

- OB/GYN PHYSICIAN, CAPITAL HEALTH

"Working with Amie gave me so much clarity on what I want and what I don't want. Amie is an incredible coach and our session together have continued to have an impact. I find myself more comfortable trying new things and stepping out of my comfort zone.

- SENIOR DIRECTOR, SALESFORCE

"Working with Amie I've gained clarity on my strengths, values and alignment with my current role and career path/plans. Being able to talk through things with someone who is empathic, knowledgeable and non-judgmental has made a big difference in my overall happiness, mental health, physical health and career."

- SOCIAL IMPACT PARTNERSHIPS, FACEBOOK

CLIENTS ARE LEADERS AT THESE REPRESENTATIVE COMPANIES

Capital Health System, Facebook, Georgetown University Medical School, Marriott, Salesforce, St. Jude Children's Research Hospital, Thomas Jefferson University Medical Center, VISA, Warner Brothers Media

AREAS OF EXPERTISE

- Career Planning/Career Change
- Career Advancement/Getting Promoted
- Balancing Work and Life
- Building Confidence
- Building Relationships and Networking
- Empowering Others and Delegating
- Finding Purpose and Passion
- Giving/Receiving Feedback
- Increasing Focus and Productivity
- Leadership Development
- Managing Difficult Conversations and Conflict
- Mindfulness Based Stress Reduction
- Navigating Uncertainty
- Stress Management and Self Care
- Resilience
- Time Management
- Values Based Coaching
- Women Leaders

RESULTS: TRANSITION TO TRANSFORMATION

Representative engagements

- Co-created pilot wellness program at Thomas Jefferson University Hospital NE for first year interns in Family Medicine, Emergency Medicine, and Internal Medicine. Included 1:1 coaching and facilitation on building resiliency skills, empathy and growth mindset.
- Delivered leadership training through interactive workshops and lectures to Thomas Jefferson University graduate students in allied health.
- Provided online webinar training for Partners in Medical Education, Inc. to graduate medical education professionals focused on shame resiliency awareness in medical education as a precursor to burnout in medical residents.

Ongoing engagements

- Amie supports physicians through 1:1 executive coaching, including clients at Thomas Jefferson University Hospital, Georgetown University Hospital, St. Jude Children's Research Hospital and Capital Health System. Her clients' focus on goals such as developing executive presence, setting boundaries and accountability, navigating uncertainty, resiliency skill building, maximizing self-care and navigating work/life balance challenges.
- Amie supports leaders in technology and industry at Facebook, Salesforce, Edwards Lifesciences, Warner Brothers Media through 1:1 coaching focusing on personal and professional development.