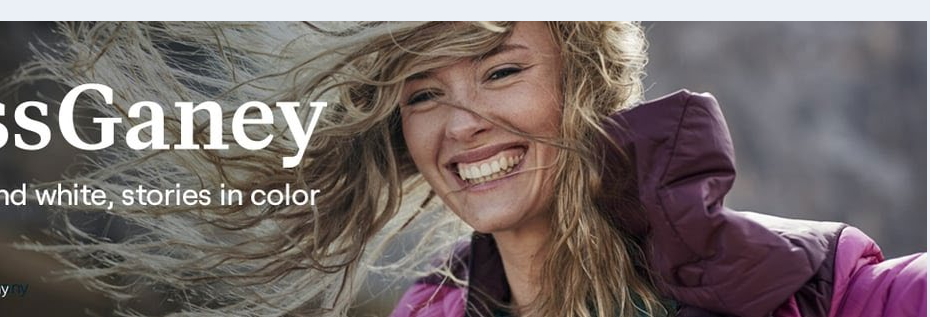




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Press Ganey's Workforce Well-being Collaborative

Learning from the Best

This month, we asked Dr. Moskowitz what resources he keeps bookmarked on his journey to well-being at Catholic Health. Dr. Moskowitz's recommendations are supplemented by his colleague, Catholic Health Services' Executive Vice President and Chief Medical Officer Dr. Jason Golbin, as well as Press Ganey's Chief Medical Officer Dr. Tom Lee and Chief Clinical Officer Dr. Jessica Dudley. Read on to see what is on their lists!



Michael Moskowitz, DO
Vice President, Clinician
Resilience & Well-being
Catholic Health

- ***The Resilient Clinician*, Robert J. Wicks** | [This guide](#) helps clinicians use mindfulness and meditation as they address their own self-care needs.
- ***The Doctor Is Burned Out: A Physician's Guide to Recovery*, Jeff Moody, MD** | Dr. Moskowitz says, "This was the first [book](#) I read once I took the [Vice President of Clinician Well-being and Resilience] role and has given me much of my insight. Although mostly on individual wellbeing, it is a great read for anyone interested in the topic."
- ***All In: How the Best Managers Create a Culture of Belief and Drive Big Results*, Adrian Gostick and Chester Elton** | Gostick and Elton present [new findings](#) detailing how people managers can drive culture transformation by getting their people "all in".



Jason Golbin, DO
Chief Medical Officer and
Executive Vice President
Catholic Health

- ***Unreasonable Hospitality: The Remarkable Power of Giving People More Than They Expect, Will Guidera*** | Guidera shows how service and leadership factor into a remarkable customer experience in this [behind-the-curtain look](#) into fine dining.
- ***In Shock: My Journey from Death to Recovery and The Redemptive Power of Hope, Dr. Rana Awdish*** | Per Dr. Golbin, “An [eye-opening account](#) from the patient point of view – written by an incredible physician, which puts empathy at the forefront of what we do.”
- ***Extreme Ownership: How US Navy SEALs Lead and Win, Jocko Willink and Leif Babin*** | Dr. Golbin describes [this text](#), which recounts leadership lessons learned while in combat in Iraq, as “a guide to leadership at its core”.



Tom Lee, MD
Chief Medical Officer
Press Ganey

- ***Grit, Angela Duckworth*** | Psychologist Angela Duckworth [highlights](#) how, more than talent, grit – a combination of passion and persistence – helps individuals succeed.
- ***Team of Teams, General Stanley McChrystal, Tatum Collins, David Silverman and Chris Fussell*** | A [unique account](#) of lessons learned from combat missions in Iraq, and how they can help leaders best leverage their teams to help their organizations thrive.
- ***Brokerage and Closure: an Introduction to Social Capital, Ronald Stuart Burt*** | [Burt's text](#) links networks and trust with improving personal and organizational performance. Dr. Lee keeps notes that he keeps this book on his shelf, since “teamwork and trust are so important to resilience and well-being.”



Jessica Dudley, MD
Chief Clinical Officer
Press Ganey

- ***Mindset: The New Psychology of Success*, Carol Dweck** | Dr. Dweck [explains](#) how an individual's performance is dramatically affected by how they perceive their own capabilities and performance. Dr. Dudley shared that she references these concepts every day.
- ***The Culture Code*, Daniel Coyle** | [Coyle's work](#) "repackages the core components leaders and organizations need to do to build a strong culture in a very easy to understand and entertaining way," notes Dr. Dudley.
- ***Work Life* podcast**, hosted by **Adam Grant**, with guests **Amy Edmondson, Ed Pierson, Captain Bill Wilson and Admiral Bill McRaven** | This [podcast episode](#) breaks down psychological safety, and how critical it is to creating a successful team culture.

Please email us at workforcewellbeing@pressganey.com with any questions.

We look forward to your continued participation in our Workforce Well-Being Collaborative!

Sincerely,

The Press Ganey team



Data in black and white, **stories in color**

