

# Stephanie Eisenstat MD

*Certified coach, Wellcoaches, Inc, Internist, Massachusetts General Hospital (MGH), Assistant Professor of Medicine, Harvard Medical School*



As a practicing clinician and physician educator for over 30 years, Stephanie has helped individuals and groups enhance their health and wellbeing. She has worked collaboratively with a wide range of inter-disciplinary groups to improve care delivery. As a certified coach, she has helped physicians navigate their way through key work-life transitions and use their voice, talents, and strengths to create win-win solutions to complex problems. Most recently, she collaborated with a MIT Sloan School of Management team to study and develop strategies for alleviating physician work burden while enhancing patient care. She is also working on the integration of new coaching approaches into patient care in her

current clinical role with the MGH Cancer Center Lifestyle Medicine Program and PAVING the Path to Wellness Program for survivors of breast cancer.

Stephanie completed her MD degree from University of Connecticut Medical School and post medical training in internal medicine at Tufts/ New England Medical Center, Boston. She was associate medical director for an academic internal medicine practice at Brigham and Women's Hospital before joining Women's Health Associates, Department of Medicine, at MGH and is an Assistant Professor of Medicine at Harvard Medical School. In addition to an active clinical practice and teaching of physicians at all levels of training, she has been an academic leader in Women's Health, chronic care management and interdisciplinary care redesign.

Stephanie is author of a number of books and training manuals including:

- *The Primary Care of Women and The Harvard Guide to Women's Health,*
- *Every Woman's Guide to Diabetes*
- *Putting Group Visits into Practice*

## **Personal**

Stephanie has a passion for birding, gardening, conservation, and road trips. She is married with three adult children.