**Background**

- Compared to age-matched peers, residents are more likely to experience burnout.
- Female trainees are particularly vulnerable with consequences affecting professional development.
- Professional life coaching supports physician well being, resilience, & burnout, but relies on substantial faculty development and coordination.
- We created Better Together Physician Coaching (BT)- a 6-month, web-based, positive psychology coaching program for women residents at the University of Colorado (CU) with the primary aim to decrease burnout and improve wellbeing.

**Method/Intervention**

- Prospective RCT of BT vs. control
- 101 women-identifying CU residents
- Pre-survey (all participants): validated tools to assess burnout, self-compassion, imposter syndrome and moral injury.
- Intervention: 6 month access to BT website, videos, worksheets, unlimited written coaching, and 2 live coaching calls per week by certified life coaches from Jan-July 2021.
- Interviews of intervention participants will be completed for a qualitative analysis.
- Post-survey in July for all participants
- Control group will be offered coaching after data collection (July-Dec 2021).

**Results**

101 participants.

Pre-survey results show:

- Burnout
- Low self-compassion
- High imposter syndrome
- Moderate moral injury.

Participants with high scoring results (%): 75%

**Discussion**

- Most CU women residents scored poorly in wellbeing indices.
- Better Together may positively affect participant wellbeing.
- Our online, asynchronous delivery mitigates time and faculty training of traditional in-person coaching.
- This is a pilot of a sustainable model supporting resident wellbeing.