

BIOGRAPHICAL SKETCH

Provide the following information for the Senior/key personnel and other significant contributors.
Follow this format for each person. **DO NOT EXCEED FIVE PAGES.**

NAME: Dromerick, Laura Jean

eRA COMMONS USER NAME (credential, e.g., agency login): N/A

POSITION TITLE: Executive Coach

EDUCATION/TRAINING *(Begin with baccalaureate or other initial professional education, such as nursing, include postdoctoral training and residency training if applicable. Add/delete rows as necessary.)*

INSTITUTION AND LOCATION	DEGREE <i>(if applicable)</i>	Completion Date MM/YYYY	FIELD OF STUDY
Jewish Hospital of St. Louis (now Barnes-Jewish College of Nursing, St. Louis MO)	RN	05/1981	Nursing
Webster University, St. Louis MO	BSN	05/2007	Nursing
Coaching Certification, MBI	Certificate	05/2009	Coaching
Member, International Coaching Federation	Membership	2011	Executive Coaching

A. Personal Statement

I am an Executive Coach whose practice has been primarily devoted to the coaching of individuals in healthcare and academia. My activities in this area began in the mid-1990's in my role as Director of Business Development for BJC Healthcare. In this role, I created and led a post-residency program for physician residents and fellows. This program addressed determining career goals, lifestyle needs, securing a suitable position, and successful performance in this position. Most of these individuals were affiliated with Washington University. I also coached practicing physicians in building effective practices, in working productively in large organizations, and in managing disruptive behavior.

In 2009, I obtained coaching certification, and focused on executive and life coaching. My clients broadened to include predoctoral and postdoctoral PhD-based trainees from a variety of disciplines, including Physical Therapy, Occupational Therapy, Neurology, Physical Medicine and Rehabilitation, Social Work, and Experimental Psychology. With these clients, I addressed a variety of topics, including selection of the right training or faculty position, articulating life and career goals, overcoming barriers to completion of milestone projects (dissertations, research proposals, etc), and juggling competing demands of research, teaching, and clinical practice. I also have many clients from outside academia, including healthcare administration, retail management, federal government policy, new college graduates, and law.

In 2011, I partnered with Donna Cameron PhD, Associate Professor of Family Medicine at Georgetown University Medical Center, and delivered annual guest lectures to Georgetown Medical Students. In 2015, we developed a theory-based program for coaching medical students in life management skills, stress management, and developing resilience. We competed successfully for a 2015 Georgetown University Circle Grant that involved a cohort-comparison design, and coaching took place in 2016. The study design and some secondary results were presented at national meetings; the primary results will be submitted to a medical education journal.

My passion is helping high level and highly motivated individuals such as the ones who will be trained in this program. Coaching gives these trainees tools that traditional academic mentoring does not, and can set them up for success in work and life. By learning these skills much earlier in their career, these young people can have much more career resilience and fulfillment, enhancing their lives and the lives of others.

B. Positions and Employment

2003-present Certified Executive Coach, LJD Coaching, Washington DC
2000-2002 Director of Physician Services, Missouri Baptist Medical Center (BJC Health), St. Louis MO
1998-2000 Director of Business Development and Marketing, BJC Medical Group, St. Louis MO
1995-1998 Manager, Post-Residency Program, Washington University School of Medicine/BJC Medical Group, St. Louis MO
1991-1995 Manager, Physician Liaison, Barnes-Jewish Hospital, St. Louis MO

C. Contributions to Science

1. Coaching of developing academics and clinical researchers in many disciplines, from students to Department Chairs

My clients range from those graduating from undergraduate studies through graduate school/residency, post-doctoral level and junior faculty, and on to tenured faculty and university leaders such as department chairs. In coaching, we focus on articulating goals, managing priorities, reframing negative and unproductive thoughts, and developing plans. My clients have achieved their goals, which can include completing their degrees, finishing their dissertations or grant proposals, becoming effective “triple-threat” academic clinicians or productive scientists, and achieving tenure and university leadership positions. They have competed successfully for federal and private funding for pre-doctoral and post-doctoral salary support, faculty training grants, and research grants.

2. Contributions to the coaching literature through prospectively designed research

In collaboration with Donna Cameron PhD (Associate Professor of Family Medicine Georgetown University Medical Center), I designed a compact group/individual coaching program suitable for groups of trainees and tested it in Georgetown University medical students.

- a. Cameron D, Han J, and **LJ Dromerick**: “Foundations of Resilience in MS1’s: Pre-intervention life vision and goals” CENTILE Conference, Washington DC 2016
- b. Cameron D and **LJ Dromerick**: “Fostering academic success for M1s: Coaching for Resiliency” CENTILE Conference, Washington DC 2015

D. Research Support

Completed Research Support

2015 Circle Grant (Co-I, Cameron PI)

09/01/2015-08/30/2016

Fostering Medical Student Success: Coaching for Resiliency

The goal of this study was to develop a feasible and effective coaching program that would provide medical students with skills in articulating their personal and professional goals, managing their studies and competing priorities, and increasing their personal and professional resiliency in the face of many challenges.