

Commensality Groups

Sample Email Invitation to Start a Group

Dear Colleague,

I would like to invite you to join the <department, unit, group name> Physician Commensality Group Initiative. The goal of this project is to increase the sense of connection and collegiality among physicians within our <organization, group, department, unit, practice, clinic>.

The longitudinal groups will consist of 6 to 8 physician colleagues who connect monthly for 1 hour for 6 months. Group members are expected to attend a minimum of 3 sessions.

During the session, each member of the group will share experiences and perspectives on a pre-selected physician-specific topic. These discussion topics are intended to promote sharing, self-awareness, and connection.

Although simple, randomized trials in physicians have demonstrated that this approach improves professional fulfillment and reduces burnout. Several Stanford School of Medicine Departments have launched groups with a large number of Stanford physicians participating. I sincerely hope that you consider joining this initiative. For more information or to learn how to get involved please feel free to contact me directly.

Best regards,

<your name>