



AMERICAN  
COLLEGE of  
CARDIOLOGY.

# CARDIO RENEW

## Frequently Asked Questions (FAQs)

### Cardio Renew Background

The ACC's Clinician Well-Being working group initiated this effort in response to growing concerns about burnout within the cardiovascular workforce. While burnout requires interventions at both the individual and systemic level, Cardio Renew is focused on re-energizing ACC members who are feeling emotionally exhausted and disconnected from their work and patients.

### What is Cardio Renew?

Cardio Renew is a pilot professional development program for mid-career cardiovascular professionals designed to support mid-career ACC members through a virtual-based curriculum focused on resilience, reflection and reconnection. Cardio Renew promotes well-being through a coaching curriculum focused on self-leadership, emotional intelligence and personal growth.

### Program Goals

- Promote well-being and prevent burnout among mid-career ACC members through a coaching curriculum focused on resilience, reflection and renewal
- Elevate clinician well-being through practical skills and community connection
- Explore the impact of coaching on professional identity, fulfillment and engagement to inform future ACC well-being initiatives
- Create a safe, supportive space where cardiovascular professionals can share challenges, reconnect with purpose and build meaningful peer relationships outside of formal leadership roles

### Is Cardio Renew a Coaching Certification Program?

No. Cardio Renew is not a certification program. It offers coaching experience and exposure but does not provide formal coaching credentials.

### Who is Eligible to Apply?

- Domestic mid-career ACC members in good standing who are 8 - 15 years out of training
- All ACC members, including CV Team members, surgeons and program directors

- Members who have *not* participated in an ACC leadership development program
- Members who are *not* currently in an ACC leadership role (Chair, Governor, etc.)
- Find the online application [here](#)

## Why is Cardio Renew Focused on Mid-career Members?

Based on the ACC's internal studies, mid-career members have reported higher rates of burnout than other career stages within cardiology. In the pilot phase, the program will focus on mid-career members seeking to renew their connection with their profession, career and colleagues.

## What is the Time Commitment?

Participants attend six monthly 90-minute virtual sessions (mandatory) with optional one-on-one coaching. There is also a mandatory in-person Meet & Greet at [ACC.26](#).

## Program Format

- **Duration:** Seven months
- **Modules:** Six monthly virtual sessions (90 minutes each) – Session dates detailed in the [application link](#)
- **Coaching:** Optional 1:1 coaching (up to six sessions)
- **In-person:** Meet & Greet at [ACC.26](#) (mandatory)
- **Extras:** Pre/post evaluations, independent reflection resources

## How are Participants Selected?

An ACC member working group thoroughly reviews applications and notifies the selected participants.

## What Topics are Covered in the Modules?

Topics include:

- Self-leadership
- Emotional intelligence
- Burnout
- Psychological safety
- Leading culture from within

## What are Selected Participants Responsible For?

Responsibilities include:

- Active participation in all six virtual sessions (February – August)
- Attendance at the ACC.26 Cardio Renew Meet & Greet
  - o *Please note: Selected participants are responsible for their own travel costs and arrangements to ACC. 26.*
- Participation in all pre- and post-evaluation items
- Confidential participation
- Submission of coaching agreements

Additional questions? Reach out to [memberengage@acc.org](mailto:memberengage@acc.org) for assistance.

For more information on burnout in the cardiovascular workforce, check out the “[From the Member Sections | Physician Burnout: An Enemy We Must Recognize to Battle](#)” article in *Cardiology*.