

CORE NEEDS CHECKLIST THE **ABC**:

How can doctors remain well and stay motivated while at work?

A B C

Autonomy/control – the need to have control over work lives and to act consistently with work and life values.

Belonging – the need to be connected to, cared for and caring of others in the workplace, and to feel valued, respected and supported.

Competence – the need to experience effectiveness and deliver valued outcomes, such as high-quality care.