

Angela Trapp, MSW, CCWW
Life Coach, CEO and Founder of
3C: Coaching, Consulting and Connecting

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About

The Joy of Medicine program has given Angela the opportunity to be a dedicated listener, to help guide and empower physicians. With more than 25 years of experience in service to others as an educator, counselor, and wellness consultant, Angela brings a unique quality to her coaching practice. She has witnessed dedicated physicians lose their passion and is able to encourage and empower physicians to reexperience health and well-being and reclaim their joy for medicine. Angela believes that with a safe space and a non-judgmental listening ear to cultivate a practice of self-care and self-compassion, every individual owns their answer to reclaiming personal joy and passion.



In the late nineties Angela began her journey toward becoming a life coach. As a medical social worker working in acute and ambulatory settings, she observed a relational pattern between patients and physicians. Patients sometimes found themselves in life-threatening circumstances due to unconscious choice-making and lack of self-compassion. Physicians, in their desire to serve at their highest and best, in turn, experienced the very same absence of self-compassion. She foresaw the long-term consequences of an individual's inattentiveness to self, especially those serving in the helping profession. It is at this juncture that Angela was inspired to serve.

Services

Angela offers services in Physician Coaching, Life and Wellness Coaching, Individual and Group Coaching Sessions and Self-Mastery Training. Angela will be able to address ways to recover passion for work and work-life integration. She will travel directly to the physician or medical student for each session.

Education and Experience

Service Excellence Coach—Sutter Independent Physicians
Independent Life Coach—3C: Coaching, Consulting and Connecting
Associate Certified Coach, International Coaching Federation
MSW, Barry University
B.A., Psychology, Saint Thomas University