**Table 1: Final Themes and Sub-Themes Arising from Codes**

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| **Themes** | **Sub-Themes** |
| I am a better professional | I am better at:   * Teaching * Mentoring * Being a doctor   + Performing the physical examination   + Communicating with patients and colleagues. | |
| I am more connected | I have deeper relationships with:   * The school of medicine * Colleagues in medicine * Colleagues from interprofessional disciplines * Students (professional and personal)   I have a better understanding of students’:   * Parents * Family * Growth * Medical school experience   I have a better understanding of my colleagues | |
| I am rejuvenated | I am staying young/feeling young again  I have a renewed sense of purpose  I now have hope for future of medicine  I have a broader perspective on medicine  I feel invigorated in research  I feel fulfilled  I have increased well-being | |
| I am contributing | I am contributing to:   * Individual student development by:   + Teaching   + Advising   + Mentoring   + Counseling * A legacy * A better future of medicine | |
| I am honored | My ego is validated through:   * Recognition from LCs/Department/University * Gratitude from students | |
| I am harmed | I have experienced:   * Reduced productivity * Increased work at home * Time away from family * Increased burnout | |