**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 againI have a renewed sense of purposeI now have hope for future of medicineI have a broader perspective on medicineI feel invigorated in researchI feel fulfilledI 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
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