

LG Health Introduces On-Site Resilience Coach

In response to feedback from the most recent Employee Engagement Survey, Penn Medicine Lancaster General Health will introduce an on-site resilience coach starting Nov. 21.

Dr. Steven Keihl, a clinical care manager and resilience coach at Quest Behavioral Health, will support employees who are experiencing burnout, job stress and other concerns that impact overall well-being. Dr. Keihl, a veteran of the U.S. Army, has provided therapeutic and clinical services for more than 30 years. He promotes a whole-person approach to health, incorporating the body, mind, heart and spirit.

Dr. Keihl is available to talk with employees about challenges on the job, work/life balance and emotional well-being. He will be on site at Lancaster General Hospital (LGH) noon to 8 p.m. Tuesdays and Thursdays; and 7 p.m. to 11 p.m. Wednesdays. He is also available to visit additional LG Health locations as needed.

Services are provided confidentially and at no cost to the employee. Employees may contact Dr. Keihl at 717-979-6766 or by [email](#).