

Leadership Coaching



Executive coaching is offered to UAMS directors, physicians, and faculty who are on their journey from a good leader to a great leader.

Executive coaching differs from performance improvement coaching, which is often offered when an individual is under a performance improvement plan. Executive coaching is for leaders who are interested in moving from an effective leader to an extraordinary leader, not for those on a performance improvement plan.

Coaching is a one-on-one confidential, entirely voluntary, relational process between a coach and a client that is focused on meeting the needs and goals of the client in order to , increase leadership effectiveness, and/or enhance personal satisfaction and consequently to improve the effectiveness of the organization as a whole.

Through coaching, leaders further develop their emotional intelligence and gain practice in dealing with difficult work challenges and relationships using the safety of the coaching environment, which will ultimately lead to professional growth and improvement.

Meet Our Coaches



Erick Messias, MD

I have training in psychiatry, epidemiology, and preventive medicine which informs my training and interest in Executive Coaching. I have worked with Department Chairs, Division Chiefs, and Service Leaders in Academic Medicine in both clinical and basic science departments. My approach to coaching combines a deep understanding of Positive Psychology with an unwavering belief in YOUR potential. Email: elmessias@uams.edu Phone: 501-686-8135



Becky Harwell, MA

I am a proponent of active learning and use a variety of methods to foster discussion and interaction in my coaching, facilitation and workshops. I believe that learning requires deep understanding that can only come when participants internalize and actively apply knowledge in creative and meaningful ways
Email: bwharwell@uams.edu Phone: 601-603-1315



Lisa Wymer, EdD

My coaching is built on the foundation that every individual is unique. I focus on the changes you want to make through dialogue and partnership. Together we identify clear, manageable objectives, develop concrete plans, and take necessary steps to achieve your desired goals and vision.
Email: lwymmer@uams.edu Phone: 501-526-4038

Please contact Becky Harwell at bwharwell@uams or 501- 603 -1315 for more information.