

From Burnout to Balance: Cherisa Sandrow, DO, Transforms Medical Careers at Sandrow Consulting

Helping Physicians Navigate Virtual Medicine, Reclaim Their Time, and Thrive Without Sacrificing Well-Being



New York City, New York Nov 27, 2024 ([Issuewire.com](https://www.issuewire.com)) - Sandrow Consulting, co-founded by Cherisa Sandrow, DO, and her husband, Alex Sandrow, is revolutionizing the way physicians approach their careers and personal lives. With a mission to help medical professionals navigate the complexities of virtual medicine and personal growth, Sandrow Consulting offers tailored coaching designed to empower physicians to thrive without sacrificing their well-being.

At Sandrow Consulting, Cherisa and Alex believe that every physician has a unique story to tell. Their coaching methodology is rooted in understanding each client's narrative, aspirations, and values. By aligning professional goals with personal well-being, they create pathways for physicians to achieve success that transcends traditional definitions.

Cherisa's journey is a testament to this transformative approach. Eight years ago, she transitioned from a demanding office-based practice to a successful virtual medicine career. Thanks to Alex's entrepreneurial insight, they redefined her professional journey, doubling her income while cutting her work hours in half. The challenges of the COVID-19 pandemic spurred her passion for leadership, leading her to become a certified John Maxwell Coach and Trainer.

"My commitment goes beyond just career advice," Cherisa says. "I'm passionate about reigniting the inspiration within physicians and guiding them to become beacons of hope in their communities. Whether you're rediscovering your 'why,' aligning with your core values, or seeking more from life, I'm here to guide you toward your version of freedom."

Cherisa and Alex bring decades of combined expertise in family medicine, functional medicine, virtual medicine, and personal growth. Their coaching programs are a transformative journey, empowering physicians to reclaim their professional autonomy while enhancing their overall well-being.

The Sandrow Consulting Pillars for Success include Transition: navigating life transitions by conquering fear and fostering a supportive community; Know: embracing curiosity to unlock personal understanding and growth; and Grow: committing to self-improvement that uplifts not only ourselves but also those around us.

"What truly inspires us is sharing at that moment when the light comes back on in your life when you reconnect with your why, and the world of possibilities begins to open up to you," the Sandrows share on their website.

Learn More about Dr. Cherisa Sandrow:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/1333662-Cherisa-Sandrow-Family-Practitioner> or through Sandrow Consulting, <https://www.sandrowconsulting.com/about-23>

About FindaTopDoc.com

FindaTopDoc is a digital health information company that helps connect patients with local physicians and specialists who accept your insurance. Our goal is to help guide you on your journey towards optimal health by providing you with the know-how to make informed decisions for you and your family.

Media Contact

Your Health Contact

clientservice@yourhealthcontact.com

Source : Cherisa Sandrow, DO

[See on IssueWire](#)