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5 Steps to keep burnout at bay and restore energy to live and lead for in today's medical arena

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The conversation in the medical community has shifted to include workplace dissatisfaction, burnout and the increasing suicide rates across professions. Medical professionals are charged with the task of caring for patients and their families with demands for increased productivity with limited staff and resources. Who cares for the caregiver? The professional is stretched from the financial stress of debt from student loans and family responsibilities. It is evident that a career healthcare is not as coveted as it once was.


As more women entering medical school, we are entering an age where the model of hierarchy and competition are more destructive than constructive. The competitive model breeds comparisons among physicians which contributes to a lack of self-confidence and the 'not good enough' syndrome. Women

physicians, attempting to find their place in this system, leave behind the natural gifts she must share with her patients and the medical community. Distress mounts as a woman physician tries to define herself in medicine while balancing other roles in her life.

Speaker Biography

Stephanie Wellington received her medical degree at The Ohio State University College of Medicine and completed Pediatric Residency and Neonatal Fellowship training at New York University School of Medicine. Her passion for teaching, the wellbeing of others, and the desire to support NICU families guided her to compliment her medical career with becoming a certified professional coach from the Institute for Professional Excellence in Coaching (iPEC). Wellington is the founder of Nurturing MDs, a sacred space where medical professionals embrace the life skills and strategies for a life and medical career that satisfies your soul. She is a speaker, coach, and workshop facilitator and created Lessons in Life and Medicine, a core curriculum for medical professionals to own their value, recognize their strengths and balance their life.

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