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Burnout, Leadership, and Systemic Wellness: Why Caring for Ourselves is the First Step to Leading Others

Abstract:

Burnout, leadership, and systemic wellness are deeply interconnected. Effective leadership requires prioritizing self-care as the first step to fostering a healthy environment for others. Leaders who model self-care create a culture where well-being is valued, leading to increased productivity and a more positive work environment. Burnout, often a systemic issue, can be mitigated by leaders who understand its impact and promote recovery experiences and supportive workplaces.

Biography

Kwadwo Kyeremanteng, is an ICU physician and health systems leader who became a national voice during the pandemic, advocating for a more holistic view of health—one that includes economic impact, mental well-being, and equity. He speaks with rare clarity and compassion about leadership burnout, systemic wellness, and the hard truths exposed by crisis. Through storytelling and strategy, Dr. Kwadwo empowers leaders to prioritize their own well-being as the foundation for sustainable, high-impact leadership. He has spoken for national health-care organizations, government agencies, and global audiences seeking a new path forward