



Dr. Adam Martin works with healthcare organizations who want to build healthy teams and cultivate leadership so they can impact the lives they serve.



WHAT THE AUDIENCE HAS TO SAY

"We invited Adam to conduct a workshop on tips to avoid burnout, to build resilience, and how to best work as an interprofessional team. His audience was about 600 first-year healthcare students from 11 different healthcare professions and he kept them engaged and entertained as well as giving them a lot of useful, helpful hints, strategies, and take away points they can use right away and on into their healthcare career. We're glad Adam was here, and I would recommend him to other programs— ABSOLUTELY!"

**—Dr. Michelle Masterson,
Director of the School of Interprofessional
Education at the University of Toledo**

"Your energy was infectious and inspiring. My favorite thing about your workshop was how interactive it was...I've been listening to your podcasts every day since the conference!"

—Lamees Loubami, UHCOP Class of 2022

"I was very inspired and blessed to have attended Dr. Adam's workshop. I keep reliving and sharing Dr. Adam's words to my peers even now...can't wait to hear him speak again!"

—Dr. Cheryl Tronzon, UTT Class of 2021

Work-Life Imbalance: The Burnout Breakthrough to Put Self-Care into Healthcare

- Identify how to diffuse survival mode in both high-stress moments and daily workflow
- Learn a 3-part prevention framework that can be implemented with no extra time
- Develop skills for a powerfully effective (and free) method to snap out of stress
- Recognize "triggers" that spiral you out of productivity

Why Interprofessional Collaboration FAILS Understand how to be perceived as a leader vs. a boss

- Resolve key workflow dynamics blocking interprofessional collaboration
- Utilize three basic steps of interprofessional collaboration: identify barriers, build bridges for the gaps, pour into pathways of progress

Leading Healthy Teams into Purpose-Driven Profit

- Discover how to build a thriving team culture
- Leverage perceived weaknesses into strengths
- Learn my easy-to-apply framework to building healthier teams in every sector

Dr. Adam Martin is redefining healthcare's lifestyle! As a practicing pharmacist for over a decade, he works with the leaders of organizations to create thriving cultures that deliver impact. He is known as a high-content speaker dispensing strategies and tactics that can be implemented immediately. Adam is the author of "Rx: You: The Pharmacist's Survival Guide for Managing Stress & Fitting in Fitness" as well as "Gen-Z Pharmacist: Dominate Pharmacy School & Script Your Dream Career."

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4 Principles to Become An Unstoppable Leader

1. YOURWORD IS YOURBOND

Mean what you say & say what you do

2. IT'S NOT ABOUT YOU

Don't take things personally

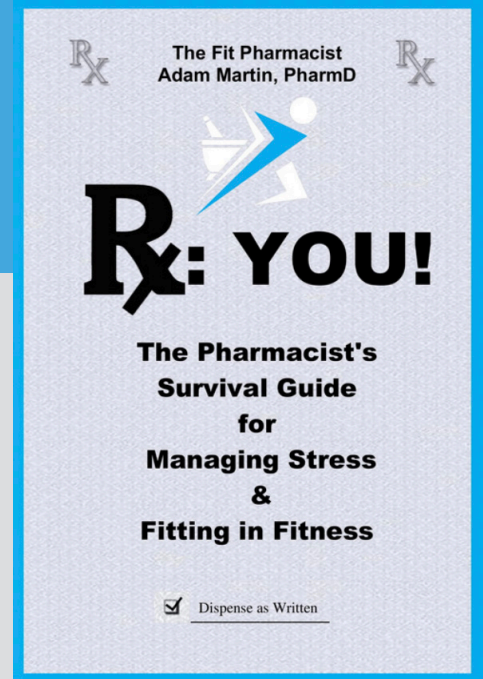
3. AS UME NOTHING

Other than you don't know everything

4. GOALLIN

All it takes is all you've got

Books by Dr. Martin:



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