



ANN JONES MD, MBA

***Leadership and Communication Strategies
for Healthcare Professionals***

ABOUT

Drawing on more than 25 years in medicine, an MBA, and her own journey through burnout, Ann brings strategy, stories, and humor to every room. Her talks validate the lived experience of healthcare professionals and provide tools that work. Her warm, accessible style delivers the skills that few of us were taught but all of us need, including how to set boundaries, deal with difficult situations, and create meaningful change in our careers and lives.

Ann is the author of **Breaking Bad Love**, a book about toxic relationships and the steps to take to leave what no longer works.

CORE MESSAGING

Stay In Your Lane: Anesthesia Leadership and Excellence in the OR

High-volume anesthesia includes more than technical skill. It requires an in-depth awareness of our leadership roles throughout the entire perioperative process, something few of us learn in our training. This session redefines what "staying in your lane" actually means - and it's not what you might think! Attendees leave with a critical new perspective on the importance of their role as leaders in the OR.

The Three Personalities You'll Find Every OR (And What To Do About Them)

Difficult personalities are a primary driver of burnout in high-volume surgical settings. This session identifies the three most challenging personality types in almost every OR and provides useful strategies for managing the drama they inspire. Attendees learn how to set boundaries, manage conflict, and maintain professionalism even when someone in the room is making that nearly impossible.

Conscious Uncoupling: What to Do When Your Work No Longer Works for You

When your workplace no longer works for you, you have three options: stay miserable, leave desperately, or make an intentional decision. This session explores the third option. Drawing on burnout research and more than two decades of self-employment, Dr. Jones outlines a new way forward and integrates concepts that most career advice ignores. Attendees gain a framework for deciding whether to stay, switch, or leave entirely.