



**Dr. Asha Padmanabhan** is an anesthesiologist, physician leader, a Certified Physician Coach and sought-after speaker known for helping physicians stay grounded and effective in high-pressure environments. With more than two decades of frontline experience in the OR and leadership roles including President of the Florida Society of Anesthesiologists and Chair of the ASA Committee on Women Anesthesiologists, she brings both lived expertise and deep insight into the challenges modern physicians face. Her

talks blend neuroscience, emotional intelligence, and real-world leadership to provide physicians with practical tools they can use immediately — whether managing stress, navigating difficult conversations, or building healthier team cultures. She is passionate about giving women physicians the practical skills and mindset to be effective leaders with or without a title. Dr. Padmanabhan’s sessions are engaging, relatable, and consistently highly rated for their clarity and immediate applicability. Her mission is to help physicians thrive — in medicine and beyond