



Dr. Pamela Buchanan is a physician with over 20 years of experience in private practice and emergency medicine. After experiencing burnout firsthand during the pandemic, she transformed her career and life around one core belief: purpose is the prescription.

Today, she is a TEDx speaker and stress management expert who helps healthcare and corporate audiences reduce burnout by reconnecting to purpose. Through powerful storytelling, practical neuroscience, and real-world clinical insight, she teaches

organizations how to turn stress into strategy, burnout into boundaries, and purpose into profit.

Her work focuses on improving resilience, retention, and sustainable performance—because healthy people build healthy organizations.