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Keynote Title: "Resuscitating Healthcare"
Reviving the heart of those who serve — by helping healthcare professionals take ownership of what they can control, reconnect with their purpose, and lead themselves with clarity and strength.

Abstract:

In today's healthcare landscape, many professionals find themselves exhausted, overwhelmed, and stuck in survival mode. But the path to renewal doesn't begin with waiting for the system to change — it begins with reclaiming your own power within it.

Liliane's keynote speaks directly to the individuals at the heart of healthcare. With empathy and candor, she shares her personal story and introduces three transformative steps that help professionals shift from burnout to purpose. This talk is not about blame — it's about awakening. It's about choosing to lead yourself, even when the system feels unmovable.

By the end of our time together, you'll walk away with a renewed sense of clarity, strength, and direction — ready to take the next right step, both personally and professionally.

"...the 'masks' came off, the work-titles dissolved, and people began sharing with each other at a very intimate level." — *Linda Lewis, Manager*

"...hope was renewed, and my passion for nursing reignited! I now view challenges differently and leave work now knowing that I did my best! I've also learned to be good to myself, which has brought more balance to my life. Thank you, Liliane!!!"
— *Paula Chamberlain, RN Unity Health Toronto*

Learning objectives:

- **Uncover** the 3 biggest myths you've been told - and how they quietly drain your confidence, clarity, and sense of purpose in healthcare
- **Discover** practical self-leadership tools that help you take charge of what you *can* control - so you can show up with more focus, strength, and intention.
- **Learn the #1 reason** so many healthcare professionals stay stuck in burnout – and the simple shift that helps you move forward with clarity and confidence.

References:

Jolene Fadyshen - Lakehead Operating Room Nurses Association - Thunder Bay Regional Health Sciences:
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James Voulakos - Centre for Business, GEORGE BROWN COLLEGE - jvoulakos@georgebrown.ca