

PHYSICIAN, SPEAKER, COACH & AUTHOR

Dr. Anna Thomas, MD



Dr. Thomas, a board-certified internist and hospice and palliative care physician, has over 12 years of dedication to patients and families facing advanced illness. Having experienced dementia's toll firsthand, she understands the unique challenges of caregiving, especially for women who often bear this responsibility at home. As founder of LifeCare LeadHership and author of *Dementia Care Confidence*, Dr. Thomas empowers family caregivers with tools to navigate dementia care. She also partners with organizations to support employees balancing full-time work and caregiving, inspiring them to meet both the practical and emotional demands of their roles.

SIGNATURE TOPICS

Preparing for the Age of Caregiving: 3 Steps Every Business Leader Should Take Now to Support Employees & Prevent Burnout

This session equips leaders with strategies to foster a caregiver-inclusive workplace culture. Attendees will gain insights into best practices for employee support and practical tools for developing supportive policies. Enhance retention and reduce burnout through systemic change.

Finding the Strength in the Storm: 3 Steps to Caregiving Confidence While Working Full Time

This session helps professionals balance demanding careers with caregiving responsibilities. Participants will learn practical self-care strategies and effective planning tools to manage stress and enhance well-being. Gain confidence in your dual roles at work and home.

Build Your Village: Strategies for Creating a Caregiving Team

This hands-on workshop provides working family caregivers with essential resources to navigate their caregiving journey. Attendees will leave with tools for evaluating support options and a personalized action plan for building a collaborative caregiving team.

KEYNOTE SEMINAR WORKSHOP & VIRTUAL PRESENTATIONS



TESTIMONIALS

- Dr. Thomas is a very engaging speaker who is able to talk about difficult subjects with laughter and relatable stories!
- I loved her ability to relate to the audience. She was calm and provided important information for those that are so worried. Engaging stories. Made it personal. This MD is superb, where can I get her?
- What a phenomenal seminar you gave today on every level, from the heart, yet uncompromising in content, Thank you !

