



Anna Thomas^{MD}

RISE - THRIVE - LEAD

PHYSICIAN | SPEAKER | AUTHOR | COACH

TED^x

AENC
ASSOCIATION EXECUTIVES OF NORTH CAROLINA



The BIG IDEA
CONFERENCE



NSA
NATIONAL SPEAKERS ASSOCIATION
PITTSBURGH

ADVANCE
MEDIA NEW YORK

FEATURED KEYNOTES & TRAININGS

Lead With CARE™

Creating a Culture That Supports Working Caregivers

Learn how the CARE™ Framework (Culture, Awareness, Resources, Empowerment) can improve retention, reduce burnout, and transform how leaders support employee caregivers.

Lead While You CARE™

How to Thrive & Lead While Balancing Work, Life & Care

A transformative workshop that helps caregivers shift from overwhelm to leadership—empowering them to lead themselves, their families, and their care teams with clarity, confidence, and practical strategy.

Lead Through the Storm™

Grounded Leadership in Times of Pressure and Change

Equip your team with a practical 3-step framework—Pause, Prioritize, Persevere™—to lead themselves and others through moments of disruption with clarity, calm, and confidence.



www.AnnaThomasSpeaks.com
www.lifecareleadership.com



speaking@lifecareleadership.com

MEET DR. THOMAS

Dr. Anna Thomas is a board-certified physician, certified leadership and resilience coach, TEDx speaker, and award-winning presenter who helps organizations lead through the rising storm of caregiving, burnout, and workplace pressure.

As a full-time physician, mother of young children, and caregiver to aging parents, Dr. Thomas brings both lived experience and deep professional expertise to every stage she steps onto. She understands firsthand the complex intersection of work, care, and leadership—and she's built a career helping others navigate it with clarity and confidence.



Her keynotes and programs equip leaders, teams, and professionals with the tools to communicate with purpose, lead with resilience, and thrive—even in high-pressure, high-stakes environments. Through her signature C.A.R.E.™ and Confident Care Leader™ frameworks, Dr. Thomas inspires a new model of human-centered leadership—one that values both productivity and people.

She is the author of Dementia Care Confidence and the CARE Guide Collection, she is recognized for driving caregiver support and culture transformation in today's workforce.

Testimonials:


"Dr Anna is a skilled speaker who shares her heart along with her knowledge"

"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 !"

"A engaging presentation on a topic that is relevant to EVERYONE!"

"Dr Anna's talk about Caregiving was eye-opening, engaging and inspiring. She shared real-life experiences that made the sobering facts about our aging population more relevant to the audience."

 Attendees Find Valuable

100%



KEYNOTES | WORKSHOPS | VIRTUAL PRESENTATIONS

ADDITIONAL OFFERINGS

- **CARE-Ready Workplace™ Programs:** Tiered solutions that help organizations improve retention, resilience, and workplace culture by supporting the unique needs of caregiving employees.
- **Thrive & Lead Coaching:** 12-week group coaching and private sessions for high-performing employees managing work and caregiving.
- **The Organizational Caregiver Culture Assessment™ (OCCA):** A strategic tool to uncover workforce risks, gaps, and opportunities for building a more supportive, care-ready culture.

Impact Areas: Employee Retention | Workforce Resilience | Leadership Readiness | Caregiver Well-being | Culture Transformation



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