

# Dawn Ellison, MD

www.DawnEllisonMD.com

612-839-4662

- ✓ Speaking
- ✓ Training
- ✓ Workshops

Kickoff a culture shift, tackle the 'pebbles in their shoes,' or take a deep dive with an organizational cohort into Stress Management and Resilience Training.



## Dedicated to improving communications in healthcare with the goal of building collaborative cultures.

Dawn Ellison MD, CPC draws from her 25 years of Emergency Medicine practice leading teams in critical situations and finessing outstanding care for patients in a complex medical climate to help healthcare providers and executives lead thoughtfully, transparently, and deliberately.

As a former medical director herself, she is familiar with the tensions held as a nimble leader. Dawn served as a Crucial Conversations instructor with Mayo Health Systems, holds a CPC certificate from the College of Executive Coaching and is a Certified Resilience Trainer. She spent her 2006-2007 Bush Medical Fellowship learning to build collaborative medical cultures.

From 2016-2020 she led physician and APP engagement and well-being for a large healthcare organization. She worked with individuals and teams to build the agency necessary to improve the work environment. She and a team of caring individuals responded to the needs of healthcare workers during the pandemic with skill and patience; designing resources for teams that were stretched thin and too proud to ask for help.

Her consulting business, Influencing Healthcare, LLC has coached emerging leaders, physicians, and APPs that are struggling with work-life balance, a quickly changing healthcare climate, communication, and teamwork in the workplace since 2008.

- Dawn is dedicated to improving communications and leadership with the goal of building healthy collaborations.
- She helps providers connect with their patients and partner with them for improved health.
- She builds teams of healthcare workers that can make decisions to which they are committed and for which they are accountable.
- Dawn helps providers build capacity in others, enhance collaborative skills and become the leaders that will influence the future.

Dawn connects community members, health and wellness professionals; improving the resilience, health, and well-being of communities.

### Past Clients Include



*On behalf of the whole section of General Internal Medicine at the Minneapolis VAMC, I offer heartfelt thanks to both of you for hosting our section retreat. Your skilled facilitation of our discussion would have been enough to ask for, but in addition, you gave us such meaningful teaching on ideas that were of equal value as the chance to gather and connect with colleagues. —Kim Olson, MD VAMC*

## Topics

### Discovering quick solutions that will impact team well-being.

This is a 60-minute workshop designed for a work unit to discover solutions to drivers of burnout that can be implemented within 8-10 weeks. It is interactive and fun! At the end, a rank list will be shared so that leadership and key stakeholders can work out the details of chosen solutions and implement within 10 weeks.

### What does it mean to engage physicians and APPs?

This is an interactive hour where the importance of voice and relationships is revealed. The leadership audience will participate in engaging methods they can use at work. Methods of decision making are taught which, when utilized correctly, increase trust, voice, and collaboration.

### Stress Management and Resilience Training Series.

As a certified resilience trainer, I will customize training for your group. Entice them to learn on their own with a teaser lecture or engage them in an eight-week-long learning journey with a cohort through the entire SMART curriculum.

### Powerful Questions

“If I had 60 minutes to solve a problem and my life depended on it, I would spend the first 55 minutes determining the right question.” A. Einstein.

Learn to craft wicked questions for the desired purpose and experience more meaningful conversations. Use check-ins and check-outs to focus your work, build the team and encourage participation.

### How do we crack the armor that protects us from healing?

Physicians don't reach out for help. This is an introduction to the importance of feeling known and cared for. Participants explore together how they can get to know their colleagues and create a culture that appreciates, not just acknowledges. Expressing care supports trust in others and builds a collaborative culture that can more effectively make wise decisions and attend to the well-being of all.

### You know what is 'healthy'; do you know how to start new habits?

Interactive and fun! You will learn how to make new habits easier to start and join with an accountability partner to come up with a plan for a healthier life.

### Connect with work, community, and self.

Discover new ways to make connections that will enhance your life. Vivek Murthy said that “human connections is as important as ventilators and vaccine to the recovery from the pandemic”. How can you connect?

### How to have the tough conversations.

A one-hour introduction to Crucial Conversations, a book you will want to highlight! This will inspire you to read the book and do the workshop to have these tools at your fingertips. Learn to tell more generous, compassionate stories and create the space to have conversations that encourage mutual understanding and collective wisdom.

### Fair Process

A consultative decision-making process that should be your organization's default and is leadership 101. I have not seen this done well and you can learn to do it. Build trust and engage your employees for better decisions.

### Generative Decision Making

Learn a consent-based decision-making method that encourages all voices are heard and results in decisions that are 'good enough for now and safe enough to try.'

### Nine strategies for a healthy work staff.

Using Shanafelt's 2017 recommendations for healthcare organizations we will explore options to improve well-being for staff.

### What did we learn about taking care of Healthcare workers during the pandemic?

Interactive co-learning hosted by ICSI.....

**Book Dr. Ellison for your next event**

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