



Dr. Renee Sunday, MD

INTERNATIONAL SPEAKER | EXECUTIVE WELLNESS STRATEGIST | CREATOR OF THE REST FRAMEWORK™

About Dr. Renee Sunday

Dr. Renee Sunday, MD, is a board-certified anesthesiologist with 26 years in healthcare and a trusted executive wellness strategist who equips leaders to sustain performance without sacrificing clarity, decision quality, or organizational health.

As the creator of the REST Framework™ — Recognize, Explore, Support, Take Action — Dr. Sunday provides evidence-informed leadership solutions that address burnout exposure, cognitive overload, and workplace strain before they become costly organizational risks.

She works with corporate leaders, government agencies, healthcare systems, and educational institutions seeking structured strategies that improve retention, leadership clarity, and team sustainability.

Dr. Sunday is known for translating high-stakes medical insight into practical executive tools that improve leadership rhythm and long-term performance capacity.



Renee has been featured on:





Dr. Renee Sunday has shared her message with:

- ✦ Corporate leadership teams
- ✦ Healthcare professionals and medical executives
- ✦ Government and municipal leaders
- ✦ Educators and school administrators
- ✦ Faith-based executive groups
- ✦ Entrepreneur and leadership development communities

Dr. Renee Sunday signature keynotes

Burnout Is Not a Badge of Honor

A structured framework for sustainable leadership performance

The Hidden Cost of Cognitive Overload

How decision fatigue reduces executive clarity and organizational momentum

Leadership Under Pressure

Protecting retention, engagement, and productivity in high-demand environments

AI, Decision-Making, and Executive Clarity

Strategic thinking in the age of accelerated change

What audience experience

- ✦ A structured diagnostic lens on burnout exposure
- ✦ Clear leadership scoring and driver identification tools
- ✦ Practical retention strategies grounded in cognitive science
- ✦ A structured diagnostic lens on burnout exposure
- ✦ Executive-level language suitable for corporate boards and HR teams
- ✦ A measurable approach to workplace wellness strategy

What organization say

“

Dr. Sunday delivers a rare combination of clinical precision and executive clarity. Her framework gave our leadership team a structured way to address performance strain without stigma.

“

Her presentation shifted how our managers think about productivity, retention, and leadership sustainability.