

CHAOS WHISPERER HEALTHCARE LEADERSHIP



**TRADITIONAL LEADER:
BURNOUT**



**CHAOS WHISPERER:
GROUNDED**



**PROTECT THEIR
TIME FIRST**

Intentionally
focuses on
what matters
most.

Doesn't let
every demand
dictate their
day.



**BALANCE THEIR
WORKLOAD**

Stops blindly
absorbing
work.

Evaluates
what truly
belongs to
them.



**HOLD BOUNDARIES
CONSISTENTLY**

Communicates
limits clearly,
calmly &
professionally.

Not
aggressively.



**REGULATE THEIR
NERVOUS SYSTEM**

Leads from
clarity, not
reactivity.

Grounding
directly shapes
communication
& decisions.



**STAY CONNECTED
TO MEANING**

Remembers
why they chose
healthcare.

Lets purpose
guide their
leadership as a
healer, not a
harmer.

YOU ARE NOT MEANT TO PROVE YOUR WORTH THROUGH EXHAUSTION



CUSTOMIZED WORKSHOPS & MORE

Customized to your team's needs, budget and availability
Select from the 5 pillars based on highest priority or challenges

Workshops



All pricing is for in-person, all CE-eligible

Half Day: \$5,500 (+ travel)

- 4 hours, high level w/ 2-3 tools

Full Day: \$10,500 (+ travel)

- 8 hours, in depth w/ all tools
- 30 & 60-day check in's to ensure full adoption & offer additional support

Presentations

Webinars (virtual)

- 30 minutes: \$500, 60 minutes: \$750

Keynotes (in-person)

- 60-90 minutes: \$3,500 (+ travel)

Custom content outside of CW pillars: \$500-\$2,000 add'l



Clients & Testimonials



“ Amazing! Practical tools
I needed ”



“ Megan is a great
speaker. Loved this ”



“ I felt like she was talking
directly to me. Needed this ”

SIGNATURE WORKSHOPS



Chaos Whisperer

- Full Day with tools, frameworks & team-building
- Protecting Time, Managing Workload, Holding Boundaries & Regulating Nervous System & Staying Connected to Meaning
- 30/60/90 Day Check In's w/ attendees & leaders
- \$10,500 (+ travel)

Nurse Manager Workload

- Full Day with workload reduction tools & team-building
- Remove low impact work to make room for higher level
- Develop “Top 10” priorities to create balance for NMs
- Partner w/ Senior Nurse Leaders for adoption
- \$10,500 (+ travel)



Sacred Vocation

- 5 separate 90-min sessions & a Graduation Ceremony
- Virtual or in-person
- Help all healthcare leaders reconnect w/ meaning & joy
- Facilitated w/ permission from UT Health Science in Houston
- \$10,500 (+ travel for in-person)





DR. MEGAN CARTER

DNP, RN, NEA-BC

Dr. Megan Carter DNP, RN, NEA-BC is the President & Founder of MC Health Care Consulting LLC where she started the Chaos Whisperer movement in healthcare for leaders who are ready to stop leading from a place of exhaustion. She shares over 18 years of nursing and executive experience with clients & audiences across the country as a national speaker, workshop facilitator & podcast host. Dr. Carter is an AONL Nurse Executive Fellow with a DNP in Executive Leadership from Duke University and board certified as an Advanced Nurse Executive.

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Education

Doctor of Nursing Practice
Executive Leadership
Duke University

Masters of Science
Nursing Administration
UT Arlington

Bachelors of Science
Nursing
UT Arlington

Certifications

NEA-BC (ANCC)

Nurse Executive Fellow (AONL)

DEIB (Cornell)

Publications

"Nurse Leaders As Chaos Whisperers"

Nurse Leader, 2025

"Enhancing Nurse Manager Resilience in a Pandemic"

Nurse Leader, 2021

"Utilizing a Human Factors Nursing Worksystem Improvement Framework..."

JONA, 2017



Work Experience

2024 - Present	MC Health Care Consulting LLC President & Founder <ul style="list-style-type: none"> Consulting, Speaking, Podcasting, Workshops Focus on evidence-based strategies for leaders to reclaim time to focus on what matters most
2020 - 2023	Texas Health Resources AVP/ACNO <ul style="list-style-type: none"> Led CV, Neuro, Critical Care service lines Executive team member supporting nursing services in partnership with CNO
2016 - 2020	Baptist Health Louisville Nurse Director <ul style="list-style-type: none"> Led CV, Critical Care, Neuro, Ortho service lines Disease specific accreditation, construction projects & Magnet designation leadership
2013 - 2016	Baylor Scott & White Grapevine Nurse Manager <ul style="list-style-type: none"> Cardiac Universal Bed, Float Pool, Cardiac Rehab Reduced turnover from 78% to 10%



References

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