

Speaking & Workshops

For nurse leaders and healthcare leaders of all disciplines

Dr. Megan Carter, DNP, NEA-BC

Founder, MC Health Care Consulting
Creator of the Chaos Whisperer Framework
Nurse Executive. Speaker. Podcast Host.



We are not meant to prove our worth through exhaustion.

Triple-booked calendars, meetings that don't move metrics, administrative overload and 24/7 on-call leave healthcare leaders burned out and unable to connect with their teams. Innovation can't help until we address the foundational barrier: **exhaustion**. Every session is practical and interactive, and **participants leave with tools they can use the next day**.

Protect Time

Balance Workload

Hold Boundaries

Regulate the Nervous System

Reconnect with Meaning

Signature Programs

CUSTOMIZED TO YOUR AUDIENCE

SIGNATURE KEYNOTE

The Chaos Whisperer's Guide to Healthcare Leadership

A story-led talk on cutting through the noise, aligning priorities and building thriving cultures.

AUDIENCES WALK AWAY ABLE TO

- Name the exhaustion behind burnout and turnover
- Shift from surviving to leading with purpose
- Focus themselves and their teams on what matters most

SIGNATURE WORKSHOP

The Chaos Whisperer Workshop

Hands-on work through all 5 pillars. Real challenges are named, shared and solved as a team.

EACH PILLAR INCLUDES

- **The pain point:** the challenge leaders are living with now
 - **The tools:** practical strategies ready to use tomorrow
 - **Live practice:** leaders apply each tool in the room
- + *Team building activities woven throughout*

Formats

ALL AVAILABLE VIRTUALLY OR IN PERSON

Webinar

60-90 min

Keynote + one workshop tool

Keynote

60-90 min

The signature keynote, live

Half-Day Workshop

2-4 hours

Keynote + selected tools

Full-Day Workshop

6 hrs content · 8 hrs total

Full workshop, breaks & activities

Built for Results

9/10

average likelihood to recommend

CE

eligible for continuing education credit

30/60/90

day surveys + follow-up calls for Magnet stories

1,000+

leader participants from organizations nationwide

Recent Clients · Kaiser Permanente · Baylor Scott & White · Parkland Health · University of Maryland Medical System
The Christ Hospital · Piedmont Health · Valley Health · Samaritan Health · NWONL Annual Conference



Dr. Megan Carter spent 18 years as a hospital and nurse executive across the U.S. She has led dozens of clinical departments and large cardiovascular, stroke, orthopedic and critical-care service lines.

She earned her DNP in Executive Leadership from Duke University, is board certified by the ANCC as an Advanced Nurse Executive, and is an AONL Nurse Executive Fellow and National Speakers Association member. She founded the Chaos Whisperer movement and hosts *The Chaos Whisperers of Healthcare* podcast.

“Megan is a wonderfully engaging speaker... her professionalism, energy, authenticity and ability to connect with frontline and operational leaders make her presentations both inspiring and highly effective.

JULIE HOLT, CNO, THE CHRIST HOSPITAL

“Megan, this was life changing! Everyone who enters a leadership role should be required to attend this program. It was absolutely phenomenal. One of the best uses of my time in my leadership career.

DIRECTOR, UNIVERSITY OF MARYLAND MEDICAL SYSTEM

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