



Sasha

SHILLCUTT, MD

Author, Physician, Entrepreneur,
Keynote Speaker, Gender Equity
Researcher, Founder & CEO of
Brave Enough

www.BecomeBraveEnough.com

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ABOUT

Sasha K. Shillcutt, MD, MS, FASE is a Tenured Professor and Vice Chair of Strategy and Innovation in the Department of Anesthesiology at the University of Nebraska Medical Center (UNMC). Sasha is the CEO & Founder of Brave Enough, a company that empowers and teaches professional women to lead. She is a well published researcher in cardiac anesthesiology and gender equity, author, and international speaker. In 2016, Sasha was awarded the national American Medical Association's Women Physicians Inspiring Physician Award by her peers. Sasha's greatest passion is teaching women how to invest in their own professional and personal development.

She speaks frequently to executives and leaders on the topics of professional resilience and gender equity. Her TEDx talk titled Resilience: The Art of Failing Forward has been viewed by thousands of people. Her writing has been published in both the New England Journal of Medicine and JAMA. She leads conferences and retreats for professional women through her organization, Brave Enough. Her first book, *Between Grit and Grace: The Art of Being Feminine and Formidable*, was published February 2020.

BRAVE ENOUGH® AUDIENCE



17.4K



19K



7K

BIOGRAPHY

Dr. Shillcutt underwent her residency in Anesthesiology at UNMC and completed an Executive Fellowship in Perioperative Echocardiography at the University of Utah Medical Center. She is a board certified Anesthesiologist, is a testamur in the Special Competence in Adult Echocardiography (ASCeXAM) and has certification in advanced perioperative echocardiography (Advanced PTEeXAM) through the National Board of Echocardiography. She has been an NIH-funded researcher through the National Institute of Aging. She is a Board Examiner for the American Board of Anesthesiology and holds national leadership positions in the Society of Cardiovascular Anesthesiology and serves on the National Board of Echocardiography.



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KEYNOTES

The Art of Failing Forward

Dr. Shillcutt presents compelling data on how the most successful people use failure to launch themselves forward. She weaves important examples of failure in her own life, and teaches steps to overcome professional and personal failures to use them to level up.

Developing Resilience: Tools to Your Best Self

In this address, Dr. Shillcutt outlines how to use everyday obstacles to develop a growth mindset, which is key to finding success in both our professional and personal lives. She discusses the importance of resilience in burnout prevention.

Between Grit and Grace: Where Successful People Live

Dr. Shillcutt describes both the social backlash and leadership backlash that leaders often experience in the workplace. She reveals the concept of leading in the space between grit and grace, as the key to authentic leadership.

Promoting Evidence Based Wellness in Professionals

Dr. Shillcutt presents data on the significance of professional wellbeing, and delineates ways individuals and companies can promote wellness and overall health to prevent professional burnout.

There's an Imposter Among Us: Tips to Overcome Imposter Syndrome

In this lecture, Dr. Shillcutt explains the Imposter Syndrome, and how it creates common thought distortions. She outlines steps to overcome Imposter Syndrome to achieve your goals.

AS SEEN IN MEDIA

[TEDX: Resilience. The Art of Failing Forward](#)

[LA Morning Show](#)

[Hallmark Home & Family](#)

CONTACT FOR BOOKING

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