Dr Caroline Walker is a Doctors’ Wellbeing Specialist and founder of The Joyful Doctor. She is a psychiatrist and therapist by background and holds an active caseload of doctors for NHS Practitioner Health.

Caroline is a loving mum of two and an international role model for doctors with mental health conditions. Through her own lived experienced of mental and physical health struggles as a doctor Caroline came to realise that, we desperately need more support to take care of ourselves and each other, without feeling guilty, isolated and scared of the consequences for our careers.

Caroline founded The Joyful Doctor to help transform the lives of doctors - to help disillusioned doctors love their work again, look after themselves and each other better, and to choose work that truly satisfies their purpose in life.  The Joyful Doctor offers wellbeing-based coaching, webinars and workshops to healthcare professionals across the world, alongside actively campaigning to reduce stigma for doctors in distress across social media and through The Joyful Doctor Podcast.

Caroline will be speaking today about her own journey of struggling, and thriving, as a doctor. She will also be speaking about the common struggles that all healthcare professionals face, and the simple tools that can turn your work and life in a more joyful direction - no matter how hard things get.  She will be reminding us that we are human beings first, and healthcare professionals second.

You can follow Caroline and the work of The Joyful Doctor here:

[www.joyfuldoctor.com](http://www.joyfuldoctor.com)

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