



CAROL RICKARD

Helping Healthcare Professionals Reset Stress in Real Time | Creator of The Overflow Model™

(609) 462-7643 Carol@StressSMARTER.zone.com CarolRickard.com LinkedIn/in/carolrickard

When Your Superpower Becomes Your Kryptonite

Why High Performers Burn Out — and How to Reset in Real Time

After 34 years in healthcare, Carol met a nurse who quietly said, “I don’t think I can go on.” What became clear was this: she wasn’t burned out — her compartment was overflowing. This keynote reframes burnout and teaches nurses how to release accumulated stress in real time — without losing the compassion that defines them

WHAT NURSES WILL WALK AWAY WITH:

- ① A two-step system to regulate stress in real time
- ② A clear distinction between survival tools and life tools
- ③ A proactive framework for building a wellness foundation
- ④ Practical strategies for staying present under pressure
- ⑤ A mindset shift that restores personal agency

WHY THIS KEYNOTE STANDS OUT:

- Moves beyond traditional “resilience” messaging
- Teaches tools attendees can implement immediately
- Integrates clinical insight with lived experience
- Balances emotional depth with practical application

CAROL'S STORY

After 34 years in healthcare, Carol knows burnout isn't theory—it's personal. She nearly lost her dream job to stress-induced migraines, battled undiagnosed depression, and survived Stage 3 cancer during COVID—alone. She discovered the two-step system that saved her career and gave her life back. Now she's trained thousands of healthcare professionals to do the same: thrive, not just survive.



WHY HEALTHCARE ORGANIZATIONS TRUST CAROL

CREDENTIALS & EXPERTISE

2x TEDx Speaker | Author of 30+ Books
Creator of the Stress SMARTER™ System
34+ Years in Behavioral Healthcare
Featured Expert: Reader's Digest, Woman's World

TRUSTED BY LEADING INSTITUTIONS:

Penn Medicine
Princeton Health
Robert Wood Johnson Foundation
RWJ Barnabas Health Systems

In a 30-minute training delivered to 9,000 employees at SEPTA, participants experienced immediate, measurable shifts - more than doubling their commitment to daily stress management & dramatically increasing their confidence in having the tools they need.

TESTIMONIALS:

“practical, evidence-based tools... lasting difference”
— Claire A., Nurse, Hospital of UPenn

“simple to implement yet super effective”
— Anna C., Nurse, Princeton House

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