

# APRIL RUFFIN, MD

Physician Speaker | Wellness  
Consultant | Leadership Mentor

**Empowering People. Strengthening  
Teams. Promoting Balance.**

## SIGNATURE SPEAKING TOPICS

1. Leading Without Burnout: The New Science of Sustainable Performance
2. Wellness as a Retention Strategy: Building Healthier, High-Performing Teams
3. Mentorship That Matters: Creating a Culture of Growth and Belonging
4. Whole-Person Wellness for Student Success

## FEATURED ON



## FORMATS OFFERED

- Keynote Address (45–60 minutes)
- Staff Development Workshop (90 minutes – Half-Day)
- Executive Retreat Session (Half- or Full-Day)
- Campus or Student Event (Lecture or Workshop)
- Virtual or Hybrid Delivery Available

## WHO WE SERVE

- Corporations and Nonprofits
- Colleges and Universities
- Healthcare Systems and Associations
- Professional Conferences and Leadership Retreats



## ABOUT DR. RUFFIN

Dr. April Ruffin is a board-certified internal medicine physician, speaker, and leadership mentor with over a decade of experience helping professionals and organizations build healthier, more balanced, and purpose-driven cultures.

As Founder and CEO of Renee Health LLC, Dr. Ruffin bridges the worlds of clinical medicine, leadership science, and wellness strategy. Her speaking engagements blend evidence-based health insights with real-world leadership lessons, inspiring audiences to cultivate clarity, well-being, and sustainable performance.

Dr. Ruffin's sessions are known for being interactive, relevant, and deeply human—creating a space where participants reconnect with their “why” and leave equipped with practical tools to thrive in work and life.

For Bookings Contact:

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LinkedIn



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