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*Meet Dr.*

# ZARYA RUBIN

- KEYNOTE SPEAKER
- BURNOUT EXPERT
- PHYSICIAN COACH

My mission is to help leaders and high-achievers step out of survival mode so they can succeed without burnout

# *about* DR. ZARYA RUBIN

Dr. Zarya Rubin is a Harvard-trained neurologist who knows burnout from the inside out – because she’s lived it. After years on the front lines of high-stakes medicine, she made the courageous decision to walk away, step out of survival mode, and rebuild her life on her own terms. That journey became her calling. Now, through her signature B.A.L.A.N.C.E. framework and “Do One Thing Less” method, she helps high-achieving women leaders and physicians succeed without burnout.

A TEDx speaker, she has taken the stage at Harvard, UCLA, 1Password, and The Physician Coaching Summit, and her work has been featured on NPR, Women’s Health, and KevinMD. She hosts The Outsmart Burnout Podcast and is co-author of *Thriving After Burnout: A Compilation of Real Stories and Strategies to Reduce Female Physician Burnout*. Dr. Zarya brings science, passion and inspiration to every stage she’s on.

*as* SEEN IN

**TEDx**



**HARVARD**  
UNIVERSITY



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# *signature* TALKS

- Stress Is Not Your Operating System - How to Step Out of Survival Mode and Succeed without Burnout
- Beyond The White Coat - Understanding and Addressing the Root Causes of Burnout in Medicine
- The Neuroscience of Sustainable Success - How High Achievers Can Reach Big Goals Without Burnout



## *review*



*“Dr. Zarya's ability to make complex neuroscience feel completely accessible and personal is rare. She's warm, direct, and utterly captivating — the kind of speaker where the room goes completely still. Attendees were still talking about her session the following morning. The phrase “stop using stress as your operating system” became a running theme throughout the rest of the weekend.”*

— Mari Wuellner, Host of the Jump Start Summit



# *the* REVIEWS



*Exactly what every overwhelmed, high-achiever needs. Dr. Zarya blends science, compassion and real-life wisdom in a way that feels both grounding and energizing...*

*- Dr. Vanessa Calderon*



*Dr Zarya blends nervous system wisdom and lived experience in a way that feels grounded, compassionate and immediately relevant. Her light shines brightly and I came away feeling calmer and more hopeful - Dr. Rashmi Schramm*



*Dr Zarya is getting to the bottom of why high-achievers burn out. She focuses on finding meaning and purpose as well as really practical steps for staying healthy! - Rev. Christina O'Hara*

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*Let's Collaborate*

# GET IN TOUCH



[INQUIRIES: HELLO@DRZARYA.COM](mailto:HELLO@DRZARYA.COM)

Elevate your event with Dr. Zarya, a captivating keynote speaker who combines neuroscience with high performance and inspires transformation.



SPEAKER. COACH. PHYSICIAN.

ZARYA  
RUBIN

*Thank you!*

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