



Dr. Ayotunde Uko MBBS/MD MSC MBA Yale

Change Strategy Consultant

Transformational Speaker

Physician

Founder, Ayotunde Uko Consulting

Email: ayouko@aya.yale.edu

Web site: <https://ayotundeuko.com/>

Instagram: <https://www.instagram.com/ayotunde.uko>

LinkedIn: <https://www.linkedin.com/in/ayotundeuko/>



Please welcome our next speaker, **Dr Ayotunde Uko**.

The people an organisation depends upon most are often the ones carrying the greatest invisible strain.

Dr Uko is a physician, transformative change strategist, executive advisor and keynote speaker who helps organisations enable their high-achieving professionals to rise beyond stress, overwhelm and burnout - and sustain exceptional performance.

Her perspective has been shaped by more than three decades in medicine and healthcare, over sixteen years of international business experience, and a career spanning Africa, Europe and North America. She has seen how capable, committed people can continue delivering while becoming increasingly depleted - and how organisational systems and leadership practices can either deepen that strain or help people thrive.

She holds an Executive MBA from Yale School of Management and an MSc in Health Policy, Planning and Financing from the London School of Economics and Political Science and the London School of Hygiene & Tropical Medicine. Her work brings together medicine, behavioural science, leadership insight and lived experience of significant change.

Through transformative keynotes, executive advisory, leadership workshops and evidence-informed proprietary frameworks - including WOWWECHANGE™, ROC MAP™ and RISE THROUGH CHANGE™ - Dr Uko helps leaders look beneath visible performance, recognise what high achievers may be carrying, and turn reflection into intentional, sustainable action.

Today, she invites us to reconsider what exceptional performance truly requires: not relentless pressure, but clarity, acknowledgement, alignment and an environment in which talented people can rise.

Please join me in giving a warm welcome to **Dr Ayotunde Uko**.