



Dr. Ayotunde Uko MBBS/MD MSC MBA Yale

Change Strategy Consultant

Transformational Speaker

Physician

Founder, Ayotunde Uko Consulting

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PROFESSIONAL PROFILE



Dr Ayotunde Uko is a UK trained physician, with a Master of Science Degree (MSc) from The London School of Economics and a Master’s Degree in Business Administration (MBA) from Yale School of Management. She is a Transformational Change Strategist, speaker, and founder of Ayotunde Uko Consulting. With over 30 years in healthcare and 16+ years in business across three continents, she helps high-achieving women and organizations navigate change, expand influence, and lead sustainably. Her proprietary frameworks— **WOWWECHANGE, ROC MAP, and RISE THROUGH CHANGE** incorporate evidence-based behavioral science, leadership strategy, and wellbeing to empower transformational leadership.

Her work integrates:

- Clinical medicine
- Behavioral science
- Global lived experience across the US, UK, and Africa

Her work is grounded in a simple but powerful belief:

When people rise through change, everything around them has the capacity to rise with them.

SIGNATURE EXPERTISE

Leadership & Human Performance

Leading Through Change

Executive Wellbeing

Burnout Prevention & Recovery

Resilient Leadership

Sustainable High Performance

Women in Leadership

Identity Transitions

Organisational Development

Change Management

Culture Transformation

Psychological Safety

Employee Wellbeing

Leadership Development

Team Alignment

Healthcare & Wellbeing

Physician Wellbeing

Healthcare Leadership

Behaviour Change

Mental Fitness

Preventive Health

Midlife Wellbeing

SPEAKING TOPICS

Thriving Through Change

How to navigate uncertainty, setbacks, and transitions without losing yourself in the process.

The Human Side of Performance

The hidden factors beneath productivity, engagement, leadership effectiveness, and wellbeing.

The Subcutaneous Work of Leadership

Exploring the human realities that live beneath performance, decision-making, and organisational success.

Burnout to Clarity

Practical strategies for sustainable performance in demanding environments.

Women, Leadership & Meaningful Legacy

Leading with influence, purpose, and authenticity in a rapidly changing world.

The Future of Wellbeing at Work

Building cultures where people and performance can thrive together.

Resilience in a VUCA World

How leaders can remain effective amidst volatility, uncertainty, complexity, and ambiguity.

SPEAKER DIFFERENTIATORS

Physician + Business Leader

A unique combination of clinical medicine, healthcare policy, and executive business education.

Yale MBA

Executive MBA from Yale School of Management and Master's degree in Health Policy from London School of Economics and Political Science and London School of Hygiene & Tropical Medicine.

Lived Experience

Her work is informed not only by research but by significant personal and professional transitions, including returning to clinical practice after a lengthy career break, leadership roles across sectors, entrepreneurship, and navigating change across multiple continents.

Evidence-Based Frameworks

Creator of:

- WOWWECHANGE™
- ROC MAP™
- RISE THROUGH CHANGE™
- RISE™ Mental Health Tracker
- RISE™ Physical Health Tracker
- RISE™ Strength Tracker (Women 45+)
- RISE™ Sleep Tracker
- RISE™ Stress Tracker

These frameworks integrate behavioral science, neuroscience, leadership research, wellbeing principles, and practical implementation strategies.

CAREER HIGHLIGHTS

Founder & CEO AYOTUNDE UKO CONSULTING

Transformational consulting practice helping individuals and organizations navigate change, leadership challenges, wellbeing concerns, and professional transitions.

Physician

More than 30 years of experience across medicine, healthcare systems, health policy, quality improvement, and patient care.

Executive & Governance Experience

- Board Leadership Experience
- Nonprofit Governance
- International Women's Leadership Networks
- Healthcare Strategy & Policy

Ethical Fashion Entrepreneur

Founder and Creative Director of AYO UKO, an ethical fashion and lifestyle company creating sustainable luxury products while supporting artisan communities.

EDUCATION

Executive MBA

Yale School of Management

MSc Health Policy, Planning & Financing

London School of Economics and Political Science
& London School of Hygiene & Tropical Medicine

MBBS/MD

University of Lagos

SELECTED PUBLICATIONS

Family Medicine & Physician Reimbursement: A US Perspective and the RCGP International and Overseas Network

Published in British Journal of General Practice.

Minnesota's Response to the COVID-19 Pandemic

Published through Cambridge University Press.

CLIENT AUDIENCES

- Executive Leadership Teams
- Corporate Organisations
- Women's Leadership Networks
- Healthcare Professionals
- Physician Groups
- Universities
- Nonprofit Boards
- Professional Associations
- Entrepreneurs and Founders
- Emerging Leaders

SPEAKER TESTIMONIAL POSITIONING

Audiences describe Dr. Uko's presentations as:

- Warm yet challenging
- Evidence-based yet deeply human
- Practical yet transformational
- Thought-provoking and actionable
- Inspiring without being superficial

CONTACT

Dr. Ayotunde Uko

Transformational Speaker | Physician | Change Strategist

[AYOTUNDE UKO CONSULTING](#)

[LinkedIn Profile](#)

Available for:

- Keynotes & Fireside Speeches
- Conferences
- Leadership Retreats
- Corporate Events
- Board Development Sessions
- Women's Leadership Events
- Healthcare Conferences
- Executive Workshops & Experiences

Signature Promise

"I help individuals and organisations move beyond simply managing change to intentionally rising through it."