



JULIE DOAN

PHARMACIST, CERTIFIED COACH (ACC),
PODCAST HOST, AND SPEAKER

JULIEDOANHEALTH.COM



RESILIENCE | MINDSET | LEADERSHIP | WELLNESS

Meet Julie

Julie Doan is a pharmacist, certified life coach, and founder of Replenish Rx, a CCCEP-accredited resilience program designed to support the well-being of healthcare professionals.

Since graduating from pharmacy school in 2010, Julie has worked in a variety of healthcare settings across Canada, including acute care, ambulatory care, and telepharmacy. She has also worked as a clinical project manager, supporting the implementation of an electronic prescribing system at a university hospital.

Faced with the demands and mental load of working in healthcare, Julie turned to mindfulness and life coaching as tools to help prevent burnout and create a more sustainable way of working.

Today, she combines her expertise in pharmacy and coaching to help healthcare professionals and their teams cultivate a more balanced and replenishing way to work.

Through Replenish Rx, her speaking engagements, and her podcast Replenished in Healthcare, Julie is helping shape a healthier healthcare system by reinforcing a simple but essential idea: caring for ourselves is an integral part of caring for others.

Four reasons to hire Julie as a speaker

1. Expertise That Goes Beyond Motivation

As a pharmacist and International Coaching Federation-certified coach (ICF-ACC), Julie combines her healthcare experience with expertise in psychology and behaviour change. Her presentations go beyond inspiration, offering practical, actionable strategies to help healthcare professionals build resilience, better navigate stress, and support their well-being in their everyday lives.

2. Recognized Expertise in Healthcare Professional Resilience and Well-Being

Julie is the creator of Replenish Rx, a resilience training program specifically designed for healthcare professionals. Accredited by the Canadian Council on Continuing Education in Pharmacy (CCCEP), the program is also offered on the Canadian Pharmacists Association (CPhA) learning platform through a partnership with Julie. This in-depth expertise allows her to deliver presentations that are evidence-informed, practical, and directly relevant to the realities of healthcare professionals.



Association des
pharmaciens
du Canada

Canadian
Pharmacists
Association

3. A Speaker Who Understands the Realities of Healthcare

With more than 15 years of experience in pharmacy, Julie has worked in community pharmacy, ambulatory care, acute care, long-term care, and telepharmacy, in addition to serving as a clinical project manager. She understands firsthand the realities and challenges healthcare professionals face. Her presentations are grounded in relatable, real-world examples that help participants see how they can apply the tools to their own work and daily lives.

4. Presentations Tailored to Your Audience

Every healthcare setting and team has its own realities. Julie tailors her presentations and workshops to the needs, challenges, and goals of each audience to create a relevant and engaging experience. Presentations are available in English or French, in person or virtually, and in a variety of formats, from keynote-style presentations to interactive workshops.

Keynote and Workshop Topic #1: Building resilience in Pharmacy



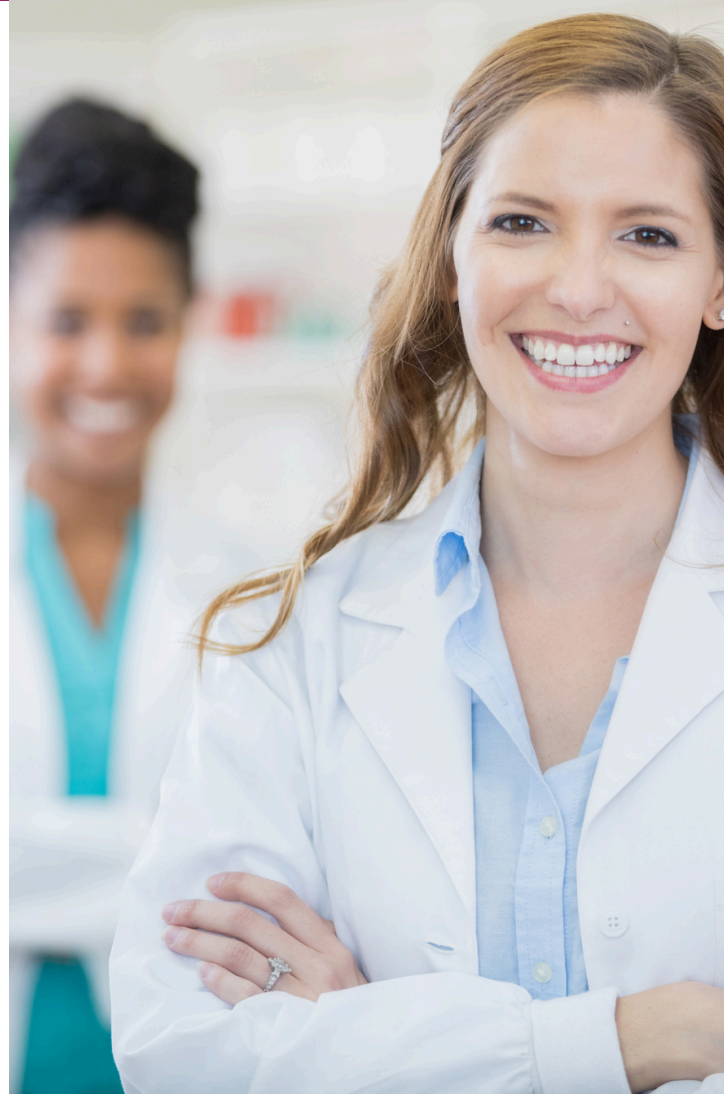
Why this topic is relevant

Working in pharmacy means navigating pressure, unexpected challenges, significant responsibilities, and an ever-changing environment. Resilience isn't about becoming immune to stress or simply "pushing through." It's about developing the inner resources that help us navigate demanding periods, recover more effectively, and continue to care for our well-being.

This presentation offers a practical approach to resilience, helping pharmacists better navigate everyday challenges while protecting their energy and staying connected to what matters most to them.

Topics that will be covered

- Master your attention and recognize thoughts that amplify stress.
- Distinguish what is within your control from what isn't to better manage your energy.
- Recognize your stress responses and develop tools to regulate your nervous system.
- Respond with greater intention rather than reacting automatically.
- Develop a more compassionate relationship with yourself during difficult moments.
- Reconnect with your values and cultivate greater meaning and joy at work.
- Presentation format: From a one-hour presentation to a four-hour interactive workshop, the content can be tailored to your group's needs and desired level of depth.



Keynote and Workshop Topic #2 : Collaborating Better Under Stress



Why this topic is relevant

In healthcare settings, pressure, interruptions, and unexpected challenges are part of everyday work. Under stress, we can become more reactive and quicker to interpret our colleagues' behaviours, which can create tension and make collaboration more difficult.

This presentation offers practical tools to better manage these reactions, foster more positive working relationships, and strengthen team collaboration.

Target audience: Pharmacists and pharmacy team members

Topics that will be covered

- Understand how stress influences our reactions, perceptions, and interactions with others.
- Create a pause between a trigger and your reaction so you can respond with greater intention.
- Distinguish facts from interpretations and challenge quick assumptions.
- Cultivate curiosity and give others the benefit of the doubt.
- Better navigate differences in personality, pace, and ways of working.
- Adopt small, intentional actions that contribute to more positive relationships and a healthier work environment.
- Presentation format: From a one-hour presentation to a two-hour interactive workshop.



They've welcomed me as a speaker:



Élévateur de potentiel 



Fédération
des pharmaciens
du Québec



A.P.E.S.



Let's work together!

Invite Julie to speak at your next event
by submitting your request.

CONTACT JULIE

Julie Doan

E-mail: hi@juliedoanhealth.com

Website: juliedoanhealth.com

