MEET DR. LAURA BERENSTAIN, MD, FASA, ACC, TIPC

Dr. Berenstain is a pediatric cardiac anesthesiologist with interests in developing inclusive cultures and the relationship between professional development and well-being. Experiencing burnout herself led to her passion for working with other women to help them identify their definition of success and how to achieve it without sacrificing their own authenticity along the way. Most recently she was Professor of Clinical Anesthesia at the Cincinnati Children's Hospital Medical Center where she was also the first Director of Resiliency and Well-being. Laura now combines her clinical practice with coaching as an International Coaching Federation certified professional leadership coach, coaching physicians and healthcare workers for professional development, leadership, and personal well-being. She works with both private clients as well as private practices and academic departments.

Laura also works on national initiatives for physician well-being, gender equity, DEI, and professional development. She is active on committees for well-being and leadership through the American Society of Anesthesiologists and the Society for Pediatric Anesthesia’s Women’s Empowerment Leadership Initiative (WELI). Her ultimate goal is to impact systemic change and culture in medicine; with that goal in mind she is currently pursuing a master’s degree in Organizational Development at Pepperdine University.

Laura loves reading and is a dedicated lifelong learner. She adores photography, being outdoors, biking, and traveling with her husband. She is blessed with three daughters who inspire her daily and two young grandsons.

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