

You came to this role with a nursing background. What drew you from clinical care into operations leadership?

I've been in healthcare for more than 20 years and I've always loved operations. There's something really satisfying about looking at how things work and asking, "How can we make this better?" Whether that means polishing a process that's already good, building something new, or fixing what's broken.

Leadership was never something I chased; it just kept finding me. Throughout my nursing career, I naturally gravitated toward those roles, and I spent 13 years at North Florida Women's Care, serving as Clinical Director for six years before I left in 2023.

I earned my nursing degree from FSU in 2005, always knowing I'd go back for more. I finished my Doctor of Nursing Practice at FSU in May 2023 and stepped into a new chapter as an APRN. These last three years of hands-on patient care have sharpened my clinical skills and given me a fresh appreciation for just how many moving parts it takes to deliver great care.

I'm passionate about patient care at every level. Having worked in so many different roles, I understand the challenges each person on the team faces because I've stood in those shoes.

2. Of all the practices out there, why NFLWC? What made this the right fit for you?

North Florida Women's Care has always been part of my story. I grew up professionally here, 13 years' worth, so coming back feels a lot like coming home.

I know that returning to a place where people remember your work comes with certain expectations. My goal is to quietly exceed them. Not with anything flashy, just with the kind of consistent, thoughtful, dependable care people remember.

I'm honored to be back and I'm excited to bring everything I've learned since I left.

3. What's a lesson from your nursing career that still shapes how you lead today?

Be extra kind and genuinely listen.

Kindness isn't complicated, and it doesn't take extra time, but it leaves a lasting impression, especially when it's personal. In healthcare, I've found that when people feel safe and respected, everything else gets better: patient outcomes, team dynamics, all of it. That trust is the foundation.

4. What does a typical day (if there is one!) look like for you as Director of Operations?

No two days look alike! But I always try to start by checking in with our staff hearing what's on their minds, clearing any roadblocks, offering support, and making sure everyone knows what's expected.

Most of my day comes down to solving problems, communicating, coordinating, and making sure our teams have what they need to take great care of patients. If I'm doing my job well, I'm removing the obstacles so they can do theirs. At the end of the day, the patient experience is what matters most to me.

6. What's your vision for NFLWC over the next few years?

I want to lead with authenticity, compassion, and purpose, and to support our teams in delivering exceptional care to every patient who walks through our doors.

When people feel valued, respected, and empowered, great things happen. Healthcare is a team effort, and our greatest strength is the people who show up every day with a heart for caring for others. I'm excited to help NFLWC keep growing, keep innovating, and keep making a real difference in the lives of our patients and our community. I want to help build a future where our teams thrive and our patients get the care they deserve.

7. Outside of work, what's something you're passionate about?

My family, without question. I love spending time with my husband and our two kids — traveling together or just being home and tending to my nest. I was born and raised in Tallahassee and I feel lucky to live only blocks from my mom and my older sister. My family keeps me grounded and connected to what matters most.

8. What would you tell a young nurse considering a future in healthcare leadership?

Go for it! You won't be disappointed.

Healthcare leadership is challenging, but it's incredibly rewarding. You get to make a meaningful impact not just on patients, but on the people who care for them. If you love helping others succeed and improving the systems behind patient care, leadership is a path that will fill you up.

9. What's one final comment you want patients or future patients to know about women's health?

Healthcare can feel overwhelming and I know patients sometimes worry they're just another name on the schedule. What I wish everyone could see is this: behind every appointment, every phone call, and every decision is a team of people who truly care.

The work is complex and unpredictable. Some days everything flows; other days feel like one hurdle after another. But no matter what kind of day it is, everyone here is working toward the same thing and that's giving each patient the very best care.