

Dr. Florence Obianyor

Dr. Florence Obianyor (Dr. Flo) is a Family Physician with added competence in Seniors Care, a Mental Health Practitioner and Executive Coach and Wellness Expert. She currently holds a senior medical advisor role at The College of Physicians and Surgeons of Alberta (CPSA) Continuing Competence program since Fall 2024.

Prior to that she was the Physician Lead, Diversity and Inclusion, Wellness and Leadership Development within Alberta Health Services between 2023-2025. She is a certified Canadian Health Executive (C.H.E.) and a Canadian Certified Physician Executive (C.C.P.E). She is a certified Executive Coach having completed her coaching training at the Rotman School of Management, University of Toronto. She was also the medical director of AgeCare Strathmore between 2020-2022.



She completed her Family Medicine training at the University of Calgary in 2011, following medical school education at the prestigious University of Ibadan, Nigeria. Dr. Flo holds a master's in public health degree (M.P.H.) with merit from the U.K (2020) and a Fellowship in Health System Improvement certificate from the University of Alberta's School of Public Health. She also clinical research diploma (with honors) from Humber College, Toronto in 2007.

She is a Clinical Lecturer at the Cumming School of Medicine (University of Calgary) and provides clinical teaching and mentoring for various learners, including Canadian and internationally trained doctors.

Dr. Obianyor is also an Examiner with the College of Family Medicine of Canada, and Clinical Lecturer at The University of Calgary since 2011. Her work at the College of Physicians and Surgeons of Alberta began in 2013 as an external reviewer and later a Peer Assessor. Dr. has also served as an expert witness in the court of Queen's Bench, Calgary.

She is a keynote speaker, wellness and anti-burnout coach, mentor and an author. Her passion for improving the mental health and wellbeing of all, helped inform her book titled *'Nothing Left to Give - Identify and Overcome Burnout To Get Your Life Back On Track'* which was published on Amazon in December 2023. She has since also founded a retreat space - El Roi Wellness and Retreat Center, Red Deer County, Alberta to encourage the practice of self compassion, rest and rejuvenation for professionals, men's retreat, women's retreat

and youth retreats. Dr. Flo also completed the Stanford University Wellbeing Director Course and Positive Psychology Course in 2023/2024. She has training in Mindfulness through University of Rochester, New York and University of Calgary.

Outside of work, she spends time with her three children, loves travelling the world, hiking, cooking, writing and dancing to name a few. Her newfound hobby is being an MC and event organizer.