



DR. RENEE EXELBERT
PSYCHOLOGIST & ELITE PERSONAL TRAINER

Educating Healthcare Providers to Create Empowering Relationships with Patients

Cultivating relationships with patients that leave them feeling empowered, not only impacts the patient's overall health outcomes, but can also change the meaning and experience for the practitioner. A practitioner's behaviors, verbal interactions and non-verbal communications like body language, eye contact, hand shake, etc. can shape a patient's experience both positively and negatively. By learning how interactions are experienced by patients, practitioners can shift their behaviors to create more meaningful and positive interactions.

What you can expect:

With the rare perspective of both clinician and patient, Renee—a seasoned psycho-oncologist and former pediatric cancer center practitioner—shares powerful insights from her journey after becoming a cancer patient herself. Drawing from this dual lens, she offers practical strategies for healthcare providers to treat patients with greater dignity, empathy, and respect.

Participants will explore simple, evidence-based behaviors that not only improve the patient experience but also lead to better clinical outcomes. This keynote challenges and inspires practitioners to reflect on the human side of care—reminding us that small shifts in communication and presence can have a lasting impact on healing, trust, and overall health outcomes.

Who can benefit from this keynote:

- Healthcare providers
- Medical and Nursing Students
- Hospital Administrators and Patient Experience Teams
- Palliative and Oncology Care Teams
- Mental Health Professionals in Medical Settings
- Anyone Working in Patient-Facing Roles

What will the audience take away?

- Learn how to strengthen patient rapport, reduce burnout and deliver more compassionate care
- Gain early insight into the human side of medicine that isn't taught in textbooks
- Discover strategies that improve patient satisfaction and clinical outcomes
- Learn how small behavior shifts can make a major difference in how patients feel seen and heard