



# ADAM SANDELL

DOCTOR • WRITER • WORKING LIFE GEEK

Adam helps people do work they care about without burning out. He's a working doctor, writer and speaker, ex-legal aid lawyer, coach, and medical leader and educator. He writes the popular *Great Work* Substack newsletter and podcast.

Adam's developed health services on four continents, taught at four universities in the UK and Canada (he's British, with roots in the US), and has helped lead numerous public and non-profit organizations. He teaches at the University of British Columbia's medical school.

Adam has spent decades studying how people who are sometimes stretched or wrung out by work they care about can have better lives, and how troubled teams can thrive — and now writes and speaks about finding serenity and success doing work that matters.

## SUGGESTED TOPICS

- Doing work you care about without burning out
- The psychology of high-pressure work — exhaustion, stress, confidence, imposter feelings, work relationships, difficult conversations, negotiation
- Teams that thrive — and the kind/businesslike matrix
- Making good career decisions — when to leave, when to reinvent yourself, when to handle a situation differently

## SUGGESTED QUESTIONS

A core idea for you is that most of us can get more done by working less hard. How can listeners actually do that in their real working lives?

How do you address imposter syndrome, or being overwhelmed by worries about making a mistake?

You say that thriving teams have to be both kind and businesslike? What does that look like in practice?

What would you say to someone whose work no longer feels fulfilling?

You say advice about work life doesn't serve those working in non-commercial settings well. Why?

## CONTACT

For interview requests:  
[adam.s@ndell.net](mailto:adam.s@ndell.net)

[www.adamsandell.com](http://www.adamsandell.com)

Usual time zone: Pacific  
(New York -3 hrs; UK -8 hrs)

## GREAT WORK

*Great Work* is a popular, free Substack email newsletter about finding more serenity and success doing work that matters. It's practical, evidence-based, never spam, and bullshit-free. Also available as a podcast.



**GREAT  
WORK**

Sign up at  
[www.adamsandell.com/newsletter](http://www.adamsandell.com/newsletter)  
or listen on [Apple Podcasts](#),  
[Spotify](#), or [YouTube](#).