

# 2025 Chris Carruthers Excellence in Medical Leadership Award



## Dr. Mamta Gautam

*Assistant Professor of Psychiatry, University of Ottawa, and President and CEO, PEAK MD*



**Dr. Gautam embodies the qualities of a visionary leader, strategic thinker and compassionate advocate. At her core, she is a deeply caring and genuine person who uplifts those around her.**

– Dr. Jerry Maniate and Dr. Lyn Sonnenberg

Dr. Mamta Gautam has made an extraordinary impact on physician health, leadership development, and healthcare management. With over three decades of pioneering work, she has developed and implemented strategies to address the systemic challenges healthcare professionals face, both individually and as teams.

Dr. Gautam founded the University of Ottawa's Faculty of Medicine Wellness Program, which inspired similar initiatives across Canada. She was instrumental in establishing the Canadian Medical Association's Centre for Physician Health and Well-being and the development of its national Mental Health Strategy for Physicians. Her continued leadership has improved workplace satisfaction and physician retention nationwide.

A passionate advocate for women in medicine, Dr. Gautam co-leads Momentum, a retreat for women physicians, and founded The Raft, an accredited online leadership and peer support platform. She played a key role in leadership development initiatives globally, through PEAK MD, the LEADS Global program, and a wide range of workshops focused on social justice and equity in healthcare. During the COVID-19 pandemic, she was the founding Chair of the Canadian Physician Coaches Network and launched online support forums to assist physicians. Her books, *Irondoc: Practical Stress Management Tools for Physicians* and *The Tarzan Rule: Tips for a Healthy Life in Medicine*, have become essential resources for navigating the challenges of medical practice.

In addition to her many professional accomplishments, Dr. Gautam is admired for her warmth, generosity, and integrity. She exemplifies the power of leadership grounded in kindness and humanity.