**BRIEF BIO**

Dr. Brenda Ombane is a psychiatrist with a Master of Medicine in Psychiatry from the University of Nairobi. She is deeply committed to mental health care, with a special focus on supporting vulnerable populations. She has valuable experience working within the humanitarian sector and serves as a Corporate Psychiatrist at Chiromo Hospital Group. Her clinical philosophy emphasizes the importance of self-care among healthcare professionals as a fundamental step towards providing compassionate and effective care to patients. She is dedicated to advancing dialogue on sustainable work-life balance to promote wellness among mental health practitioners.