

Businesswoman of the Year 2009

Finalist - Professional



Mamta Gautam

**President
Peak MD**

613-729-3794
mgautam@rogers.com



Mamta Gautam is a pioneer, specialist and champion of physician health and well-being. For 20 years, she has treated physicians exclusively in her private psychiatric practice in Ottawa, being hailed as “the Doctor’s Doctor.” Her clinical work is a fraction of her endeavors. Dr. Gautam is also an internationally known expert, a sought after speaker and consultant, faculty member of several physician leadership courses, and the author of articles, books, videos, podcasts, and columns on physician health. She has been honored by multiple awards in recognition of her innovative work in this field. She was the founding director of the University of Ottawa Faculty of Medicine Wellness Program, which served as the template for the CMA Centre for Physician Health and Well-being, where she consults as an Expert Physician Advisor.

Dr. Gautam brings her expertise in physician health to PEAK MD, a company that focuses on primary prevention and keeping executives well. As an executive coach, consultant, speaker and author, she is committed to helping physician leaders improve professional performance and enhance personal resiliency. As a mother of three busy sons, she serves as the ideal role model for this, providing proof that resilience and wellbeing is attainable and sustainable.