

**Dr. John Chuck**

John Chuck, M.D., is the Chief Wellness Officer and a Professor of Family Medicine at California Northstate University. He was formerly the Regional Chair of the Physician Health & Wellness Leaders Group for The Permanente Medical Group and the Chief of Health Promotion for the Kaiser Sacramento & Roseville Medical Centers.

John is a graduate of UC Berkeley, the UCLA School of Medicine, and the Family & Community Medicine residency program at the UC Davis Medical Center. He has facilitated dozens of workshops at 1440 Multiversity for private groups, frontline medical workers and community members focused on hope, joy and growth.

**Eliza Ramos**

Eliza Ramos is a bilingual facilitator, leadership coach and organizational development consultant. She is founder and Chief Integrity Officer at Circles International (CI), which supports social justice leaders and organizations to cultivate wellbeing and prevent burnout. Prior to CI, Eliza was a strategy consultant for global social impact groups, and has developed mental health and community engagement programs for organizations such as Global Health Corps, Partners in Health, New York Presbyterian Hospital, and UNICEF.

Eliza is an instructor of leadership development at the Harvard School of Public Health, a co-instructor of the Collective Leadership Certificate Program at Rootwise Leadership, and has been a keynote speaker and workshop facilitator for the Stanford Social Innovation Review, Blue Cross Blue Shield Foundation, Apple, 1440 Multiversity, and top universities. A published author and believer in the power of collective impact and cross-pollination, she also serves on the board of the Center for Courage and Renewal.

Eliza holds an M.P.H. from Harvard University and an M.S.W. from Columbia University. She is a certified leadership coach and holds certifications in mediation, conflict resolution and Reiki. Originally from Beaverton, Ore., she currently resides in Oakland, Calif., where she enjoys being part of the Bay Area's arts, activism and healing communities.

**Lourdes Moldre**

Lourdes Moldre is a Nurse Executive Patient Care Director at UCSF Health Mount Zion Hospital in San Francisco. She has over 20 years of healthcare experience as a frontline registered nurse, an acute care nurse practitioner and as a nurse leader. Most recently, she was recognized as a 2022 honoree for 40 under 40 by the San Francisco Business Times, given to young leaders across the region. Lourdes Moldre also received the Healthcare Hero Award in 2021, awarded by the California State Senator Richard Pan, for her ongoing work with focused COVID-19 education within Filipino communities.

Lourdes is a female Filipino immigrant, a working mother of three biracial children, and a resilient executive nurse leader committed to improving healthcare equity and access to the underrepresented; she wants to be the voice for Filipino nurses.