



**Ana Hernando, Ph.D.,
OTR, MOT, MBA, CST, LCI, CWP**

**Occupational Therapist,
Researcher, and Performance Coach
Lake Dallas, Texas**

Dr. Ana Hernando is an occupational therapist, researcher, and performance coach whose work bridges ethical practice, human performance, and total well-being. Her doctoral research examined moral distress among clinicians, and she now translates cutting-edge evidence on moral distress, ethical climate, and resilience into practical strategies for leaders. As a coach to high-achieving women on the verge of burnout, she helps clients rebuild sustainable performance through ethical health habits, nervous system regulation, and values-aligned leadership. Known for her clarity, compassion, and strengths in discernment and enablement, Dr. Hernando equips organizations and individuals with tools to move from moral distress to ethical health and to create environments that help people feel genuinely valued and clearly connected to purposeful work that makes a meaningful impact.