# Ann Tsung, MD, MPH

**Physician · Former NASA Flight Surgeon**
**Creator of the 5 Stages of Time Freedom℠**

Triple Board-certified in Emergency Medicine, Critical Care and Aerospace Medicine · Certified in Performance Neuroscience (Flow Research Collective)

## Success shouldn't cost the freedom it was supposed to create.

For leaders who built the career, the results and the team, and still don't feel free.




**SPOKEN FOR** Nasdaq · Mindvalley · Leverage & Growth Summit · AIR Physician Academy · GoBundance Women

**FEATURED ON** Bloom TV, WFLA News Channel 8 (NBC)

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## ABOUT ANN

Ann has made life-or-death calls in ERs and ICUs and supported patients from Antarctica to the International Space Station. Today she advises founders on high-stakes decisions, combining clinical diagnosis, mission-control decision-making and performance neuroscience. One founder put a **$400,000+ lease** on hold after finding the real constraint wasn't space.

Even if we solve the external problem, will the human actually feel free?

That question sets Ann apart. She came to the US at 9 with her single mother and built everything success promises, yet after about 15 months of sabbaticals still didn't feel free. That paradox became the 5 Stages of Time Freedom℠, which helps leaders grow their business without it costing their life. She is a mother of three.

## KEYNOTES & TRAININGS

### The 5 Stages of Time Freedom℠

Keynote · 40–60 min

**When Success Stops Feeling Free**

Each person finds their stage and what keeps them there, and learns why "it's not a time problem, it's a decision problem."

### Go/No-Go

Keynote or executive intensive

**Making High-Stakes Decisions Like Mission Control**

Find the true constraint before fixing the wrong one, eliminate before expanding, and test before irreversible commitments.

For executive teams, EO and YPO chapters and healthcare leaders

### Multiply Brain Performance Through Flow

**Performance Neuroscience for Teams** Workshop or series

Chronotype, peak zones and decision filters move hard work into the brain's best hours. Delivered for Nasdaq WIN and Mindvalley.

## WHAT ORGANIZERS SAY

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*We especially appreciated how you grounded each concept in real-life and Nasdaq-specific examples – it made the content highly relatable and actionable for the audience.*

**Sarah Decker**
NASDAQ

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*For me the strongest story was that if a NASA astronaut has not slept or done all the things for self-care, they basically are not allowed to continue doing the other things, and that there is a system for everything... Your system about time freedom is compelling and easy to apply for many people.*

**Rebekah Hamner**
GoBundance Women

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*Our physicians love her practical approach. She doesn't just teach you how to get more done, but also helps to rethink how to spend your time so you can create more freedom for things that matter.*

**Suneer and Takashi**
Founders, AIR Physician Academy

Book Ann **Ann@AnnTsungMD.com** **AnnTsungMD.com** LinkedIn · YouTube & Instagram @AnnTsungMD