

Department of Surgery Wellness Committee

GRAND ROUNDS



Jessica Richardson

Bolstering Self-Confidence and Taming the Imposter

Jessica Richardson was born and raised in rural Saskatchewan, where community, resilience, and authenticity shaped her foundation. Now a proud wife and mother to three daughters, she draws daily inspiration from their energy and curiosity — reminders to slow down, embrace imperfection, and celebrate small but meaningful moments. A lifelong athlete and fierce competitor, Jessica's experience in sport has shaped her belief in mindset, self-confidence, and quieting the inner critic.

Jessica holds a Master's Degree in Social Work from the University of Regina and has built her career in Mental Health and Addiction Services. As Team Lead for the SMA Physician Health Program, she supports physicians, learners, and their families in navigating high-performance environments with self-compassion and clarity. She is passionate about normalizing self-doubt and addressing imposter syndrome, emphasizing that confidence comes from authenticity, vulnerability, and growth. Grounded in empathy, Jessica helps individuals reconnect with their strengths, challenge limiting beliefs, and thrive both personally and professionally.

Thursday, May 28th, 2026 at 5:30 PM

Mall Lecture Theatre, Royal University Hospital

Grand Rounds will be available via ZOOM Network, please contact the Department of Surgery at surgery.dept@usask.ca



UNIVERSITY OF
SASKATCHEWAN



Saskatchewan
Health Authority