



James Brunning, MD

Consultant Anaesthetist

Wellbeing Lead for Medical Staff

Final FRCA Examiner | Wellbeing Course Director | Breathwork Instructor

Dr. James Brunning is a Consultant Anaesthetist and Wellbeing Lead for Medical Staff with a specialist focus on improving the health, resilience, and performance of clinicians working in high-pressure healthcare environments. He qualified in London in 2002 and was appointed as a Consultant Anaesthetist in 2012.

For more than a decade, Dr. Brunning has worked as a Wellbeing Course Director across the United Kingdom and Europe, designing and delivering programmes that integrate practical, evidence-based approaches to sustainable wellbeing for healthcare professionals. His work combines principles from physiology, psychology, and behavioural science to support clinicians in maintaining energy, focus, adaptability, and long-term professional sustainability.

Alongside his clinical practice, he is a Final FRCA Examiner and an experienced medical educator with a strong interest in clinician development and performance under pressure. He also holds a Postgraduate Certificate in Medical Education (PGCME).

Dr. Brunning is a trained breathwork instructor and holds a Certificate in Clinical Hypnosis from the British Society of Medical and Dental Hypnosis. His approach to wellbeing is pragmatic, integrative, and grounded in practical strategies that can be realistically applied within modern healthcare systems.

Through his teaching, leadership, and wellbeing initiatives, he remains committed to supporting healthier healthcare cultures and improving the sustainability of the medical workforce.

