



## EPISODE FOURTEEN The Path of Disruption

WITH **DR. ZAYNA KHAYAT**

Disruption ain't easy, but that's precisely why healthcare futurist Dr. Zayna Khayat knows it needs to happen, even when it feels like you're being kicked in the teeth every day. On this week's episode, Zayna recounts her journey from PhD biochemist to disruptor extraordinaire, and the hard-learned lessons along the way. She covers everything from the power of "creative destruction" to why health innovators don't have to worry about job security.



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Zayna Khayat

### THEMES & INSIGHTS

1. Solving deeply-rooted issues requires you to dig deep, evaluate what's beneath the surface, and till the soil before seeds of change can take root.
2. You'll never understand a problem until you begin trying to solve it. Even then, your solution will continue to evolve.
3. Before you can shape and influence others, you need to be in the field doing the work.

### COMBUSTION QUOTES

-  "When you creatively destroy, you literally are taking apart the old and putting it back together in new ways to serve the new business model that's needed. And who creatively destroys? That's what innovators do.... You take it apart and put it back together, test, learn, and then scale what works."
-  "You actually don't understand the problem until you start solving it. So it's kind of a never-ending process, right? ... The more you solve it, the more you understand it. Therefore, your solution just continues to evolve, and it'll kind of never be baked no matter what happens."
-  "You've gotta be in the field with your sleeves rolled up to inform and authenticate anything.... I think any of us in this field, in this space ... two to three days a week of their capacity has gotta be doing the work."

### RESOURCES

[TOLERATING 19TH CENTURY HEALTHCARE TEDX TALK](#)

[TALK BOUTIQUE SPEAKER PAGE](#)

[THE FUTURE OF AGING \(BOOK\)](#)