



# DR. TOMI MITCHELL

MD|Coach|Author|Speaker



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[linktr.ee/HolisticWellnessStrategies](https://linktr.ee/HolisticWellnessStrategies)

Dr. Tomi Mitchell is a Board-Certified Family Physician, Wellness and Performance Coach, international keynote speaker, and author. As the founder of Holistic Wellness Strategies, she works with professionals and organizations to combat burnout, cultivate meaningful relationships, and unlock their potential through evidence-based and holistic strategies.

With over a decade of medical and coaching expertise, Dr. Mitchell brings a dynamic and relatable approach to her speaking engagements. Her unique ability to blend science-backed knowledge with practical solutions makes her a sought-after speaker, recognized for her transformative insights and compassionate delivery.

Dr. Mitchell's thought leadership has been featured in outlets like USA Today, Thrive Global, KevinMD, and Brainz Magazine. Her book, *The Soul-Sucking, Energy-Draining Life of a Physician: How to Live a Life of Service Without Losing Yourself*, offers actionable guidance for overcoming challenges and achieving balance.

Dr. Mitchell's thought-provoking talks are tailored to inspire, educate, and equip audiences with actionable strategies for both personal and professional growth. Below are her signature topics, each offering a fresh perspective and practical insights:

- **Redefining Burnout: What They Never Told You**

This talk challenges conventional ideas about burnout and offers innovative strategies to address its root causes, empowering participants to reclaim their energy and focus.

- **Seven Strategies to Escape the Soul-Sucking Grip of Burnout**

Learn practical techniques to navigate high-stress environments, reduce overwhelm, and build resilience for long-term success.

- **Self-Priority Isn't Selfish: How to Put Yourself First Without Guilt**

Dr. Mitchell breaks down the importance of self-care, teaching attendees how to prioritize their well-being and create sustainable habits without guilt or compromise.

- **Building Resilient Relationships to Boost Productivity**

Explore the art of cultivating meaningful connections that foster collaboration, trust, and productivity, both at work and in personal life.

- **Purpose-Driven Leadership: From People Pleaser to Game Changer**

Transform from seeking validation to leading with authenticity and impact. This session provides a framework for purpose-driven leadership that inspires and motivates.

- **Energy Vampires Exposed: Identify, Minimize, and Thrive**

Discover how to recognize and manage energy-draining influences in your life and create boundaries that empower you to excel.

- **Time Mastery: Achieving More Without Doing More**

Learn to optimize your time, prioritize effectively, and create space for what truly matters, all without adding more to your plate.

- **The Burnout Vaccine: Proven Strategies to Thrive Under Pressure**

Gain evidence-based insights on preventing burnout and building resilience to thrive in high-pressure environments.

- **Leadership Excellence Without Overextension**

Lead with confidence and clarity without sacrificing your well-being. This talk equips leaders with strategies to inspire their teams while maintaining balance.

- **The Burnout Myth: Breaking Free from Outdated Narratives**

Reframe your understanding of burnout and discover actionable steps to break free from its grip and reclaim your vitality.

- **From Burnout to Brilliance: A Roadmap to Sustainable Success**

Unlock the secrets to achieving professional success without sacrificing your health or happiness. Dr. Mitchell provides practical tools for balanced, sustainable growth.

Dr. Mitchell's engaging and empowering presentations have transformed lives and organizations worldwide. To bring her expertise to your event, visit [www.holisticwellnessstrategies.com](http://www.holisticwellnessstrategies.com) or connect with her on her social media.

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