

MEDIA KIT 2024



**MD | WELLNESS &
PERFORMANCE COACH |
SPEAKER | AUTHOR |
HEALTH ADVOCATE**



Dr. Tomi Mitchell
Holistic Wellness Strategies

DR. TOMI MITCHELL

Overview

Dr. Tomi Mitchell stands as a beacon of mental health advocacy and physician well-being, revolutionizing the way we approach mental fitness and holistic wellness. With an illustrious career marked by her innovative strategies, Dr. Mitchell guides individuals through personal challenges, empowering them to lead lives brimming with purpose and resilience. As the visionary founder of Holistic Wellness Strategies, she seamlessly blends evidence-based medicine with holistic healing techniques to combat burnout and champion comprehensive well-being.

In her role as a Wellness & Performance Coach, Dr. Mitchell empowers a diverse array of professionals—including executives, leaders, physicians, and lawyers—to eradicate burnout and overwhelm. Her impactful coaching not only enhances productivity in the workplace but also enriches personal lives, fostering a harmonious balance.

Dr. Mitchell's approach marries candidness with compassion, urging clients to transcend self-doubt and limiting beliefs. Together, they craft bespoke Holistic Wellness Strategies, paving a clear path to sustained balance and fulfillment. Her transformative work equips individuals with the tools to achieve lifelong wellness, making Dr. Tomi Mitchell an indispensable ally in the quest for personal and professional excellence.

Services



Coaching



Speaking



Courses

Total Followers

50K+

Client Satisfaction

98%



Keynote Topics

- The Harsh Realities of the Medical Profession
- Systemic Change in Healthcare
- Understanding Physician Burnout
- Non-Traditional Approaches to Burnout
- The Importance of Self-Care for Healthcare Providers
- Building Resilience and Community Support
- Holistic Wellness for a Balanced Life
- Defining Burnout and Its Dimensions

Media Coverage



FOX NEWS

IBT

medpageTODAY's

KevinMD



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A Few Of The Clients Worked With



Professional Highlights

Medical Degree:

- St. Matthews University School of Medicine
- University Of Saskatchewan Family Practice Residency.

Health Coach Institute:

- Health & Life Coaching, Transformational Coaching Method.

Harvard University:

- Exercising Leadership: Foundational Principles Course

Contacts

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