



# AMY SHAH MD MBA

SPEAKER/AUTHOR ON MENTAL WELLBEING  
FOR PROFESSIONALS & WORK TRAININGS

GOAL FOCUSED & METHODOICAL  
A LISTENER & AVID LEARNER

BOARD CERTIFIED PSYCHIATRIST AND  
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## BOOK DR. AMY SHAH TO SPEAK FOR YOUR GROUP ON THESE TRENDING TOPICS:

### EMOTIONAL FIRST AID



DR. SHAH IS A SUPPORTER IN EMOTIONAL FIRST AID, CHAMPIONING COMPASSIONATE AND EVIDENCE-BASED APPROACHES TO SUPPORT INDIVIDUALS IN NAVIGATING AND HEALING EMOTIONAL WOUNDS.

### MINDFUL TECH



DR. SHAH IS A THOUGHT LEADER IN MINDFUL TECHNOLOGY INTEGRATION, ADVOCATING FOR ETHICAL AND INTENTIONAL USE OF DIGITAL TOOLS TO ENHANCE WELL-BEING AND FOSTER A BALANCED RELATIONSHIP BETWEEN HUMANS AND TECHNOLOGY.

### NUTRITION & MENTAL HEALTH



DR. SHAH IS A DEDICATED ADVOCATE FOR NUTRITIONAL PSYCHIATRY AND HIGHLIGHTS THE PIVOTAL ROLE OF A BALANCED AND NUTRIENT-RICH DIET IN PROMOTING MENTAL WELL-BEING.

## DR. AMY SHAH IS SPEAKING ALL OVER LOUISVILLE & BEYOND

"AMY SHAH IS A PARAGON OF LIFELONG LEARNING, NOT ONLY HAS SHE NEVER STOPPED LEARNING, SHE'S TAKEN HER EDUCATION AND GROWN INTO AN IMPRESSIVE TEACHER. WHETHER TEACHING ABOUT TECHNOLOGY, WELLNESS, SPIRITUALITY, OR CRAFTS - THE DIVERSITY OF HER KNOWLEDGE IS PROFOUND. I'VE ATTENDED SEVERAL OF HER WORKSHOPS. HER PRESENTATIONS ARE POLISHED AND EASY TO FOLLOW."  
- MENTAL HEALTH CONSUMER

