Kelly Forys Donahue, PhD
Keynote and Motivational Speaker One Sheet

Dr. Kelly received her PhD in clinical psychology and behavioral medicine. She pursued advanced study in mind-body medicine, holistic pain management, and nutrition for mental health. She has spoken locally in the community, at national conferences, and in corporate wellness settings.

"Dr. Kelly's speaking style is so approachable. She had the audience engaged and laughing within the first few minutes!"
Exec, JE Richards

📞

240-630-1732

✉

kellydonahuephd@gmail.com

🌐

kellydonahuephd.com

Specialties

- Stress
- Self-care
- Perfectionism
- Holistic Pain Management

- Anxiety
- Depression
- Lifestyle Medicine
- Weight Loss

Speaking Topic Examples

The B.E.S.T. Strategies to Take You from "Meh" to "Hell Yeah"
Life is busy, and we can feel beaten down by the day-to-day routine. This talk presents the way out. My B.E.S.T. strategies build on everyday activities and require only little changes to feel better. The research-backed B.E.S.T. strategies can be applied immediately (even during the talk!). When we see progress, we can keep up with the process.

Nothing is Working!!: The Holistic Approach to Healing Chronic Pain
Chronic pain can be completely life-changing. Nervous system pain is caused by neural pathways that develop in response to stress, trauma, and repressed emotions. This talk explains the mechanisms of chronic pain and provides a roadmap to health and can be adapted for a general audience and for healthcare providers.

Stop Living a Checkbox Life: Create the Path to a Fulfilling Live That Checks the Boxes that Matter
Many of us have orchestrated life to check off the boxes in life. We get good grades, get into the good college and/or graduate school, find a partner, get married, get the dog, then have a child, climb the corporate ladder, etc., etc. Those things are supposed to make us happy, and when they don't, we feel lost. This talk describes how we get lulled into the false fairytale of what creates happiness and proposes a new way to design life from the inside out rather than the outside in.

As Featured In

verywell mind   **Wbn** WOMEN'S BUSINESS NETWORK   RICHARDS POWERED BY PHALCON   elephant

Lady Docs Corner Cafe   TheraNest   THRIVE GLOBAL