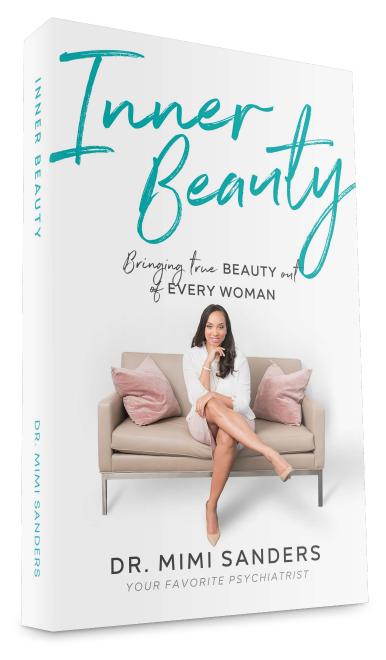




# DR. MIRICA A. SANDERS

Founder and Author of Inner Beauty



### **ABOUT**

## **DR.MIRICA SANDERS**

Dr. Mirica Sanders, also known as Dr. Mimi, is a board certified psychiatrist practicing in Cleveland, Ohio where she is affiliated with multiple major hospitals in the area. Dr. Mimi focuses on women's mental health and stress management, coaching all her clients with goals of enhancing their true inner beauty. She believes the same emphasis we place on our appearance needs to mirror our emotional well-being. Dr. Mimi is beyond passionate when is comes to women's issues surrounding stress and mental health. She speaks on topics of emotional intelligence, the types and importance of true self care, professional burnout prevention, mental health in the Millennial, and more. In this past year she has spoken at multiple events, including Cleveland's United Women in White, Cleveland Clinic's Celebrate Sisterhood, Fearless Destiny Conference in Los Angeles, and the Women of Color Foundation's annual C-Suite Executive Summit. Dr. Mimi has recently authored and published her new book, Inner Beauty: Bringing True Beauty Out of Every Woman. This book presents stress management coping strategies and encourages women to become her best holistic self.



# **STATISTICS**

14.2K 10K 10K

Social Media Followers

Monthly Page Views

Email Subscribers

## SPEAKING AND PRESENTATION TOPICS

The following are not exhaustive but merely are suggestive topics that can be covered and taught by Dr. Mimi. Curated presentations can be created to fit an organization, business, or conference culture.

#### FOR WOMEN

- The Importance of Embracing your Inner Beauty: Strategies for Achieving a Stress-Free Life and Career (Understanding Emotional Intelligence)
- Self Care and Energy Assessments (Workshop on the types of Self care and how to *make it a priority)*
- #Mood in the Millennial Woman (The importance of mental health in today's iSociety and in the millennial woman)
- Women's Mental Health: Conditions, Treatment, and Supplementation (Overview of common mental health conditions in women)
- Professional Poise: Understanding Professional Boundaries, Burnout, and Balance (Understanding boundaries in the workplace, professional burnout symptoms, and how to integrate work and personal life)















EMAIL: Info@DrMimi.care

Website: www.DrMimi.care

Instagram: Dr\_Mimi

Facebook: DrMimi.care

Twitter: Dr\_Mimi

