



Inner BEAUTY

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 it 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

10K

Social Media
Followers

10K

Monthly
Page Views

14.2K

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)





CONTACT DR. MIRICA SANDERS

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