

( YOU'RE SMARTER THAN YOUR BRAIN )™

# DR. *Lindsay* BIRA

CLINICAL HEALTH PSYCHOLOGIST  
PROFESSOR OF PSYCHIATRY // TEDX SPEAKER  
FOUNDER OF OCEAN ORIENTED™



## MISSION

Lindsay Bira, PhD **speaks** on the neuroscience of resiliency & wellbeing to **support & elevate** the human experience. With her creative, engaging, & effective style, she is an **expert voice** for the media & corporate organizations worldwide.

## SPEAKING + EVENT OPTIONS

- **"You're Smarter Than Your Brain"**  
**Corporate Wellness Programming:**  
Dr. Bira delivers keynotes, presentations, workshops, & trainings for academic groups, corporate employees, leadership teams, hotel membership events, & more
- **Ocean Oriented™:** Founded by Dr. Bira, this unique "Neuroscience x Nature" initiative offers Experiences, Expeditions, & Collaborations to support health in all humans, leaders, & our oceans
- **Creative Collaboration:** Dr. Bira works with forward-thinking organizations to create engaging & unique initiatives that incorporate neuroscience, keeping programs up-to-speed & benefiting guests

## CONTACT

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- 📱 [@DrLindsayBira](https://www.instagram.com/DrLindsayBira) + [@OceanOriented](https://www.instagram.com/OceanOriented)

## SCHEDULE A MEETING:

📅 [calendly.com/drBira/30min](https://calendly.com/drBira/30min)

## RECENT CLIENTS + FEATURES:

- TEDx
- Forbes
- Hulu
- Disney+
- American Chemical Society
- 1 Hotel South Beach
- Women's Health Magazine
- Johnson & Johnson
- CBS, NBC
- Nature
- Science
- NPR
- Pabst Blue Ribbon

*Available In-Person or by Zoom*



# HOSPITALS & CORPORATE



# HOTEL MEMBERSHIP





# KEYNOTES + TOPICS

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## KEYNOTES

- HUMAN EVOLUTION: The Next Wave is The Mind
- WHY ARE WE WAITING? The Time is Now
- MENTAL IMMUNE CHECK: Letting Go for Success & Wellbeing
- CREATE THE LIFE YOU WANT: Acceptance & Innovation
- What Makes Us (& Keeps us) Balanced & SUCCESSFUL: The Neuroscience

\*Dr. Bira often works with an organization to design a keynote that is most impactful

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## "YOU'RE SMARTER THAN YOUR BRAIN™ "

### Wellness Presentations

Since 2011, Dr. Bira has been delivering neuroscience-based wellness presentations as a part of corporate wellness programming, academic programming, employee support, and leadership wellness. Each presentation includes live polls, worksheets, resources, and Q&A. A series of 4-6 topics is suggested for a holistic & effective emotional wellness approach that can be delivered by Zoom or in-person. Examples of topics:

- Emotional Intelligence
- Let Go of Guilt & Worry
- Effective Communication
- Sleep, Insomnia, & Dreams
- Break Habits & Build Motivation
- Social Support
- Work-Life Balance & Values
- Find Success with Diet & Exercise
- Self-Esteem & Confidence Hacks
- Mental Health Roadmap & Risk
- Empathy & Good Apologies
- Zoom Fatigue is Real: How to Deal
- Radical Acceptance & Innovation
- Effective Communication
- ... And more

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## LEADERSHIP TRAININGS + WORKSHOPS

Dr. Bira works with leadership teams to address specific or general issues to promote success and wellbeing. Examples of leadership trainings she recently designed & delivered:

- Leadership Burden: Resiliency in the Face of Reality
- Team Building in Zoom Culture
- Reducing Liability: Communication & Humanism
- Working with Millennials: Bridging the Gap
- Tools for Managing Mental Health Risk in Others
- My Hands are Tied: Managing Stress as a Leader

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## OCEAN ORIENTED™ COLLABORATIONS

### *NEUROSCIENCE x NATURE*

Is the ocean significant to your organization? Let's freshen it up and deepen the meaning as it relates to you. Dr. Bira integrates neuroscience to allow people to find a deeper connection to the ocean and themselves. She can provide an interactive formal presentation, a beach-based workshop, or an introduction to the science of freediving as a vehicle for self-reflection, awareness, and growth (Dr. Bira is also a PADI Freedive Instructor). See more at [www.OceanOriented.com/collaborate](http://www.OceanOriented.com/collaborate).

# WHAT PEOPLE ARE SAYING

“

Dr. Bira changed my life and impacted my career in incredible ways. I recommend that every leader embrace this completely unique opportunity.”



- BETH DOANE, FORBES

“

Dr. Bira is an incredibly passionate speaker who integrates neuroscience in engaging & useful ways. Her unique natural ability makes her an extremely valuable expert ... that's why we choose to work with her.”



- ANDREW RENZI, DIRECTOR & PRODUCER

“

Dr. Lindsay Bira uses her expertise to create experiences that support and enhance high-performing people. I'm THRILLED to see more value being placed on emotional wellbeing and growth - especially for leaders and teams. Her approach is unique and POWERFUL.”



- PAUL ENGLISH, KAYAK CO-FOUNDER & CTO

“

Dr. Lindsay Bira has been an AMAZING ASSET TO MY CUSTOMERS. She developed a 12-week emotional intelligence program specific to the needs of our population. She's an accomplished speaker and motivator, and has changed a number of lives with her talks/best practices. This is our second year partnering with Dr. Bira and WE HOPE TO ALWAYS HAVE HER AS OUR MENTAL HEALTH SPEAKER.”



- ROXANNE LEAL, AETNA

“

Thank you!! I cannot tell you HOW MANY COMPLIMENTS I received about your presentation! My boss was impressed, so THANK YOU for that!”



- DIANA DIMAS, ST. PHILIPS

“

Thank you for sharing your WELL-CHOSEN, HIGH-IMPACT SLIDES, as well as references. They will be helpful for staff & patient education in my cardiovascular wellness practice. Thank you, especially for your well-organized, clearly spoken, & visually appealing lecture on work-life balance & framework for managing the myriad of relationships which we all encounter in medicine.”



- GREG CONNOR, MD, PRESIDENT

“

Dr. Bira has been THE MOST QUALIFIED PSYCHOLOGIST I've ever worked with. Not only are the sessions informative, but she also provides logical handouts for practice of the skills throughout the week, making the sessions very practical and effective. She is also friendly and inviting. I highly recommend Dr. Bira to anyone!”



- INDIVIDUAL CLIENT, CEO OF GLOBAL COMPANY

# BIO

Known as The Brain Expert, Dr. Bira is a clinical health psychologist, adjunct medical professor, and speaker who specializes in evidence-based treatment and neuroscience-based solutions. She is passionate about working with organizations and using her platforms to promote and support greater emotional wellbeing and health in humans. Dr. Bira's research-based approaches and engaging style have been featured on NPR, Forbes, Hulu, CBS, Science Magazine, Women's Health Magazine, Headspace, TEDx, and more.

Academically, Dr. Bira spent years as a top psychologist treating PTSD and trauma in the military. She received her Ph.D. at the University of Miami and completed her residency at Harvard Medical School and Boston University School of Medicine before completing an additional clinical research fellowship in trauma psychology. She then transitioned to medical faculty as Assistant Professor of Psychiatry at UT Health School of Medicine, recently moving to adjunct, where she contributes to research and creates physician wellness initiatives.

Dr. Bira founded Dr. Bira Ocean Oriented - a "Neuroscience x Nature" resiliency initiative offering multiple levels of experiences to promote wellbeing and support the health of our oceans alongside forward-thinking organizations. She is a PADI Freedive Instructor, using freediving as a vehicle for mindset growth and connection, while folding in the neuroscience of resiliency.

Dr. Bira weaves together her top-tier research background, extensive clinical expertise, and vibrant personal style to deliver effective and engaging initiatives that deepen existence, wellbeing, and performance in all areas of life.



*How can I help  
your programming?*

**Schedule a  
Brainstorming  
Call Today:**



[calendly.com/drBira/30min](https://calendly.com/drBira/30min)



See more ▶▶▶ [www.DrLindsayBira.com](http://www.DrLindsayBira.com)