



Helping **Healthcare Professionals Recharge** At Work so that They have **Energy** for Life at Home

We Heal the Healers as we take the stigma out of stress.

ICF Certified Coach, RN, Amazon #1 Best-Selling Author, Speaker and Facilitator

Doreen's Book

Transform Your Brain, One Thought At A Time: Stress Patterns, Anxiety & Overthinking Rewired



ABOUT ME

Doreen Steenland (Pronounced: Steenland rhymes with Greenland) is a registered nurse, author, and trauma-informed leadership coach who empowers healthcare professionals to recharge at work so they have energy for life at home. With a focus on reducing burnout, Doreen uses brain-based strategies to take the stigma out of stress and guide medical professionals toward well-being. Her Micro-Shift Reset System interrupts stress cycles and fosters emotional intelligence, helping professionals shift from survival mode to thriving. Doreen's compassionate approach inspires audiences to prioritize self-awareness and create a ripple effect that transforms both their work and home lives.

SPEAKING TOPICS

- Manage Stress Using Brain-Based Tools
- Restore Your Drained Energy & Enjoy What's Most Important to You
- Navigating Difficult Conversations/Feedback with EQ and Brain-Based Tools

After working with Doreen...
"I've learned how to dig deep internally to create balance and influence others more effectively."
" Jamie

[FREE GIFT: Two Chapters of My Book](#)