

Donna L. Hamilton, MD

Chief Wellness Officer
Manifest Excellence®, LLC

Speaking Topics

Doctor's Orders for Stress Busting Your Way to Better Health & Calmer Living

Stress is a fact of life but its nasty health effects don't have to be. Punctuated with lessons from Dr. Donna's experience with common stressors like a frustrating career and challenging relationships, attendees learn tips and tools for managing life's inevitable button pushers. In addition to health boosting skills, participants receive stress busting strategies for navigating demanding experiences.

Wellness Your Way: Creating a Customized Plan for Your Happier, Healthier Life

One size doesn't fit all when it comes to health. Like jeans, what works for your friend might not work for you. Personal needs, preferences, and responsibilities help determine your unique requirements. This informative and encouraging presentation gives participants a process for crafting a personal plan towards a healthier, happier, more satisfying life.

Making Time for Me: Self-Care Tips to Revive, Thrive, and Stay Alive

Many women feel that making time for self-care is something they can do later or it's too selfish or expensive. Not so says Dr. Donna! In fact, the consequences of not taking time for yourself can have more repercussions than you think. This uplifting presentation teaches overextended, weary women valuable tools for enhancing their quality of life NOW. They learn surprising facts about the hidden risks of not taking care of yourself and simple steps that create a healthier lifestyle.

It is Possible: Balanced Living Tips to Stress Less, Enjoy More & Be Well

In spite of the numerous time saving gadgets in our lives, many women feel more overextended than ever. Their plates overflow with commitments and they want to do something about it. They just don't know what to do, how to do it and even doubt that it's possible. Through this empowering talk, participants receive a plan for creating a healthy, balanced lifestyle and inspiration to follow through.



**Manifest
Excellence**
Pause for Wellness™

Dr. Donna is best known for inspiring audiences of professional women with thought-provoking and sometimes humorous stories. She offers a mix of inspiration and practical information for creating a healthier lifestyle.

Contact Dr. Donna

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Biography

Health and Wellness Luminary Donna Hamilton, MD has a mission to help everyone live the healthy, satisfying lives they're meant to lead. Dr. Hamilton retired her white coat and stethoscope so she could teach women what it really means to be healthy and how to do it in a way that addresses their unique needs. An energetic and engaging speaker, Dr. Hamilton speaks nationally on wellness promotion at conferences and workplaces teaching a holistic approach that addresses mental, emotional, social, spiritual and physical wellbeing. Her innovative combination of more than 20 years traditional primary care experience combined with a holistic and comprehensive wellness philosophy provides effective strategies for improving health. Dr. Donna empowers her audience with the tools, steps and information they'll need to create optimum health and holistic wellness.

Testimonials

“Donna Hamilton's knowledge of and passion for health and wellness shine through in her delivery. As a webinar presenter she provided essential information to our members that was both evidence-based and easy to understand. Donna is a joy to work with and treasure to the wellness community.”

-Trina Laube

Education and Outreach Director,
National Wellness Institute

“Parenting holistically can sometimes feel isolating and difficult, but Dr. Donna's words of wisdom give parents that hope and encouragement.”

-Aimee Wood

Editor, The Wise Mom,
Holistic Moms Network

“Dr. Hamilton is one of the most knowledgeable people I know. She has a very effective communication style. Her unique ability to hone in on what people need helps her provide the best information in the best way.”

-Eudene Harry, MD

Founder and Medical Director,
Oasis for Optimal Health

Dr. Donna has spoken at: National Wellness Institute National Conference, Women's Toolbox International Conference, Holistic Moms Network National Conference, Pocono Business Journal and is a Founding Member of the Women Speakers Association

Dr. Donna has been featured online at: More Magazine, Martha Stewart's Whole Living Magazine, Self Magazine, Yahoo Shine, DivineCaroline.com, Ladies Home Journal and Yahoo Voices and in print at Pocono Business Journal, Pocono Parent Magazine and The Wise Mom

To see Dr. Donna in action, please visit:

<http://www.YouTube.com/ManifestExcellence>

Your Audience Will Walk Away Knowing How to:

- Describe the five surprising key factors affecting your health.
- Quickly and easily assess their major health arenas to determine what is working well and what needs to be addressed.
- Create a realistic personal wellness plan.
- Use their renewed energy and inspiration to create a healthier lifestyle.

**“Being healthy is more than simply not being sick.
It's functioning at your best physically, mentally,
emotionally, socially, and spiritually.”**

~Donna L. Hamilton, MD