



Dr. Rozina Lakhani

**MD PSYCHIATRIST
TRANSFORMATIONAL SPEAKER
BESTSELLING AUTHOR
RESILIENCE COACH**

MEDIA KIT

Meet Dr. Rozina

MD PSYCHIATRIST | TRANSFORMATIONAL SPEAKER
BESTSELLING AUTHOR | RESILIENCE COACH

Dr. Rozina Lakhani is a transformational Speaker, bestselling author, and MD-psychiatrist. She is the founder of Shifa Health, where she helps individuals and organizations achieve holistic health through integrative approaches. Known for blending science with soul, she brings together brain-based strategies, compassionate storytelling, and practical tools that empower individuals to function at their highest potential without sacrificing their health, relationships, or purpose.

With over 25 years of experience in psychopharmacology, psychotherapy, and integrative mind-body methods, including advanced approaches like QEEG and TMS, Dr. Rozina has guided thousands of professionals to reclaim balance and joy. Her bestselling book Stress to Joy has reached readers worldwide, and her podcast Happy and Healthy Mind continues to inspire audiences seeking tools for resilience and hope. In recognition of her leadership and compassionate care, she was honored as Top Doctor of the Year in Washington for several years.

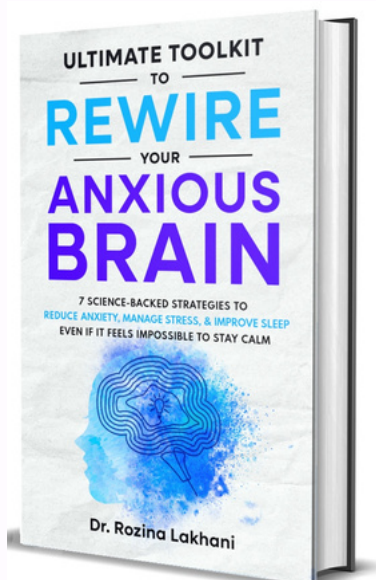


Meet Dr. Rozina

MD PSYCHIATRIST | TRANSFORMATIONAL SPEAKER
BESTSELLING AUTHOR | RESILIENCE COACH

Her insights are deeply personal. After her own experience of physician burnout led to a car accident and broken hand, Dr. Rozina recognized the urgent need for proactive, personalized approaches to mental well-being. This turning point reshaped her mission: to bring the practical tools from inside the office to outside the office so people don't have to suffer unnecessarily.

Now, she is releasing her highly anticipated new book, Ultimate Toolkit to Rewire Your Anxious Brain, a practical guide for breaking free from anxious patterns and building lasting calm.



Her leadership and impact have been recognized through affiliations with the American Institute of Stress and invitations to speak at major conferences and organizations worldwide. Whether on stage, on air, or in the clinic, she is committed to helping people live more, give more, and make the impact they are meant to make.

SPEAKING TOPICS

Rewire Your Anxious Brain; 7 Science-Backed Strategies to Reduce Anxiety, Manage Stress, and Improve Sleep Even if Impossible to Stay Calm

Anxiety touches every aspect of life, sometimes showing up as a protective ally, other times as a relentless intruder that shrinks our world. In this engaging and compassionate session, Dr. Rozina Lakhani shares 7 science-backed strategies from her upcoming book *Ultimate Toolkit to Rewire Your Anxious Brain*. Drawing from 26 years of clinical expertise, Dr. Rozina helps audiences distinguish everyday worry from anxiety disorders and equips them with practical tools to calm the nervous system, quiet racing thoughts, and improve overall well-being—even when calm feels out of reach.

What To Expect:

- 7 evidence-based strategies to rewire the anxious brain: Practical tools covering sleep, nutrition, movement, mindfulness, and more.
- Proven lifestyle interventions: Discover habits that can reduce anxiety symptoms by up to 42%.
- Clarity on treatment options: From everyday self-care to advanced therapies.
- Hope-filled stories and interactive exercises: Engage in practices you can use immediately to replace overwhelm with clarity, confidence, and resilience.

Dodging Depression: 7 Science-Backed Tools to Overcome Hopelessness, Defeat Negative Thoughts & Reclaim Joy to Create a Happy, Healthy Mind

Depression can feel like an invisible weight — misunderstood, stigmatized, and often left unaddressed until it takes a serious toll. In this uplifting and practical talk, Dr. Rozina introduces 7 science-backed tools proven to overcome hopelessness, challenge negative thoughts, and rekindle joy. With a blend of clinical wisdom and personal insight, she equips you with strategies to protect and strengthen your mental health, so you and those you care about can live with greater resilience, clarity, and happiness.

What To Expect:

- 7 evidence-based tools that ease symptoms and build a healthier, happier mind
- Practical ways to break the cycle of negative thinking and hopelessness
- Guidance to distinguish between everyday stress and clinical depression—and when to seek help
- Lifestyle practices (sleep, nutrition, movement, mindfulness, connection) shown to reduce depression risk and recurrence
- Interactive exercises and inspiring stories that replace fear with hope and empowerment

SPEAKING TOPICS

Work Burnout Recovery: Science-Backed Strategies to Reduce Stress, Restore Energy, Reignite Passion, and Enjoy Guilt-Free Work-Life Balance

Why do so many talented professionals find themselves drained, disengaged, and doubting their capacity to keep going? In this talk, Dr. Rozina weaves together compelling stories, cutting-edge science, and practical strategies to help high achievers recognize burnout before it derails their success. You'll learn how to break free from cycles of stress and fatigue, restore your natural energy, and rebuild a work-life rhythm that feels both productive and guilt-free.

What to Expect:

- Simple, science-based tools to calm stress and reset your energy
- A clear framework to move from burnout and overdrive to balance and resilience
- Interactive practices that spark clarity, motivation, and renewed passion for your work and life



Stress to Joy: Science-Backed Tools to Break Free from Overwhelm, Cultivate Daily Calm, and Create a Clearer, Happier Mindset

Stress is part of modern life—but it doesn't have to control you. In this empowering session, Dr. Rozina draws on her bestselling book *Stress to Joy* to share science-backed practices that help you shift from overwhelm to calm, clarity, and resilience. Through practical tools and relatable stories, you'll learn how to reset your stress response, strengthen your focus, and cultivate a mindset that supports greater joy and well-being every day.

What to Expect:

- Quick, practical tools you can use anytime, anywhere to relieve stress in minutes
- An engaging, energizing experience filled with memorable takeaways
- A clear, science-based framework to rewire your mindset for lasting calm and happiness

SPEAKING TOPICS

The Science of Gratitude: Proven Tools to Break Free from Negativity, Rewire Your Mind, Strengthen Relationships, and Thrive with Lasting Positivity

Negativity can take root quickly, especially in times of stress, uncertainty, or change. Yet science shows that gratitude is one of the most effective ways to break free from negativity and rewire the mind for resilience and joy. In this empowering session, Dr. Rozina explores how gratitude transforms not only your mindset, but also your relationships, health, and overall well-being. Drawing on neuroscience and psychology, she shares her signature “Grateful Achievement” practice—a simple yet powerful way to make gratitude an integral part of everyday life. Participants will leave with evidence-based tools they can apply immediately to thrive with lasting positivity.

What to Expect

- Discover the neuroscience of gratitude: how it reshapes the brain, boosts resilience, and reduces stress.
- Explore how gratitude strengthens relationships, confidence, and even physical health.
- Practice simple daily gratitude rituals that create meaningful impact at work and home.
- Experience a guided exercise to shift focus from what’s missing to what’s meaningful.



AS SEEN IN



VISTAGE



Testimonials

"Engaging, warm, and knowledgeable, Dr. Rozina guides participants through stress reduction activities, helps them find the time to practice mindfulness, and explains the how behind the techniques in easy-to-understand terms. If you are looking for a speaker who cares deeply about her audience and helps them learn simple and practical techniques to reduce their stress, then Dr. Rozina is the speaker for you."

"Thank you for the contagious inspiration that you left behind. People are still talking about you. Your Presentation had a long-term effect. Your involvement with the audience was five stars. The biggest part that I liked about your presentation was the interaction. It was interactive. It was not like a speech where just people are listening to you and sometimes their mind is going to drift away. They're going to start thinking about other things. You got them involved. Everybody felt like they were involved in this presentation."

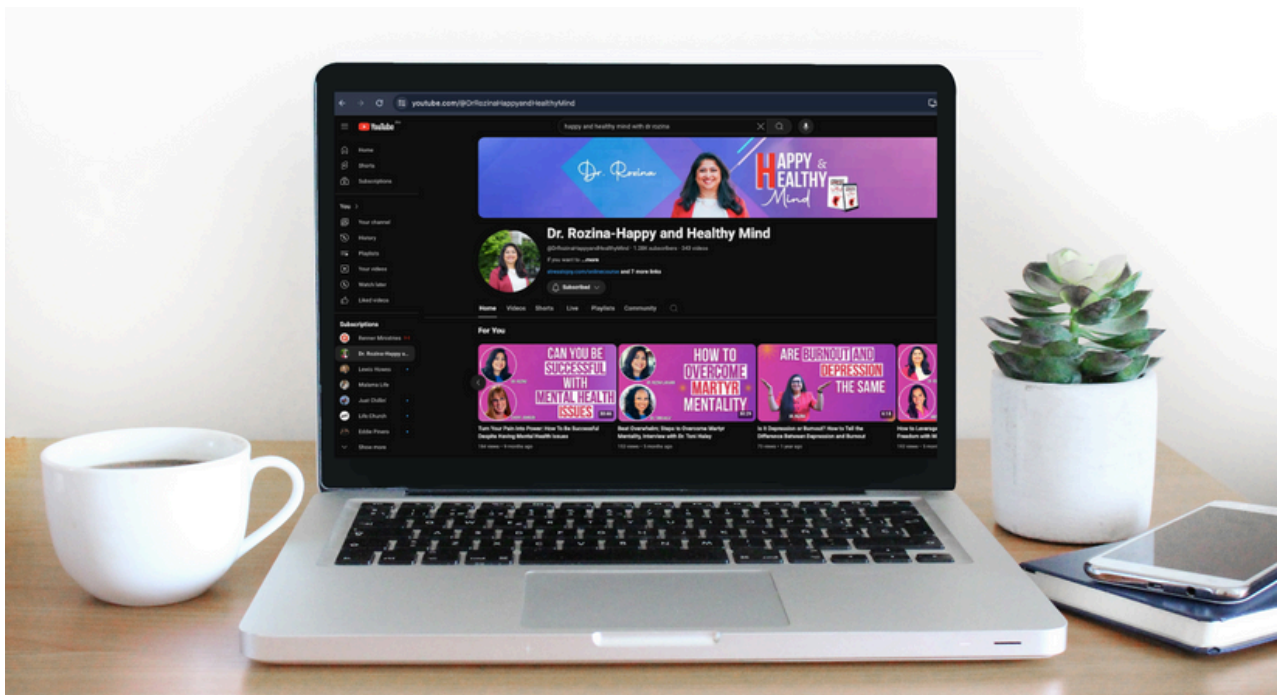
The Podcast

HAPPY AND HEALTHY MIND WITH DR. ROZINA

Happy and Healthy Mind with Dr. Rozina is a video podcast designed to help busy professionals reduce stress, prevent burnout, anxiety, depression, and build emotional resilience.

Blending medical expertise with real-life stories, Dr. Rozina makes complex mental health topics simple and actionable. Each episode offers practical tools, expert insights, and inspiring conversations that listeners can apply right away to feel calmer, more focused, and more fulfilled.

Available on Apple Podcasts, Spotify, YouTube, and more, the show reaches a global audience seeking healthier, happier lives. With compassion and clarity, Dr. Rozina empowers her listeners to take small steps toward lasting well-being.



MOST WATCHED EPISODES

L Theanine; A Beneficial Way for Depression and Anxiety

by Dr. Rozina Lakhani

How to Reverse Hormonal Imbalance; Strategies to Restore Your Energy

with guest Poornima Peri

ECT for Depression; Barbaric or Life Saving Treatment

with guest Dr. Joshua Bess

Why Is Inositol Good for Anxiety

by Dr. Rozina Lakhani

ACCESS LINKS FOR SPEAKING ENGAGEMENTS

[SPEAKING BIO](#)

[HEADSHOT](#)

[TOPIC LIST](#)



linktr.ee/drrozina
www.drrozina.com



GET IN TOUCH

I'd love to hear from you! Whether you're interested in booking me for a talk, collaborating on a project, or featuring me on your platform, let's connect and create something meaningful together.

Dr. Rozina