

The Lifestyle Transformation Coach, M.D.



Dr.
Sharita
M.D.

**Speaker
Kit 2025**

About Me

Dr. Sharita is the Founder and Chief Medical Advisor of **DrSharitaMD.com**, where she provides actionable strategies for diabetes and weight management. She is also the Founder and CEO of **Warfield Medical Coaching & Consulting, LLC**, where as a certified Life Coach she empowers busy professionals with practical strategies to improve their well-being and quality of life. With over **30 years of experience** in emergency medicine, she has mentored medical professionals and educated the public on preventive healthcare. Her engaging and relatable approach makes her a **sought-after speaker** at *conferences, corporations, colleges, and faith-based organizations.*



Born and raised in **Detroit, Michigan**

- Undergraduate Degree – **Central State University**
- Master's Degree – **Tennessee State University**
- Doctorate of Medicine – **Wayne State University School of Medicine**
- Internship & Residency – **Emergency Medicine at Howard University**
- Fellowship – **Medical Toxicology at Wayne State University School of Medicine**

My Story

Transitioning from academic and clinical medicine after 30 years of service, Dr. Sharita will devote her time to health and wellness speaking, educating the masses, and Lifestyle and Wellness coaching for busy professional women who desire to improve their health, productivity, and overall quality of life.

After 30 years in academic and clinical medicine, Dr. Sharita transitioned to full-time speaking to reach a broader audience. She is passionate about educating people on the connections between chronic illness, obesity, and preventive care, aiming to improve lives through knowledge and action.

She desires to reach as many people as possible, share her message, effectively change the health disparities surrounding chronic disease, and empower people with the tools to live their best lives.

Key Notes

Signature Keynotes:

- From Burnout to Balance: Reclaiming Your Energy, Radiance, And Joy
- The Silent Shift: What Every Woman Should Know About Perimenopause
- Executive Wellness: High Performance Without Health Compromise
- Live Healthy Cooking Demo with Dr. Sharita

Colleges & Universities:

- Thrive on Campus: Smart Wellness Habits for Energy, Focus, and a Healthy College Life
- Fuel Your Mind and Body: The Real Truth About Campus Food, Energy, and Health

Churches & Faith-Based Organizations:

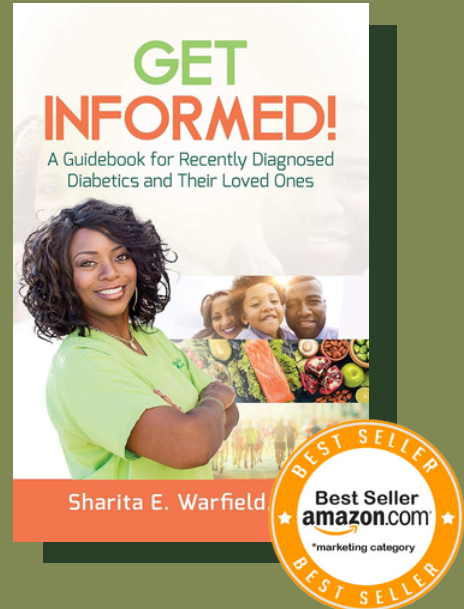
- Daniel's Fast Reimagined: A Modern Path to Spiritual and Physical Renewal.
- Your Body is a Temple: You Are What You Cook! (Live Cooking Demo)

Corporate:

- The ROI of Wellness: How Healthy Employees Boost Performance and Productivity
- The Corporate Vitality Blueprint: Wellness Strategies That Elevate Health, Morale, and Company Culture

Milestones & Accolades

- Voted one of Houston's Top 25 Professional Woman in 2011.
- Voted one of Houston's Top 50 Black Health Medical and Wellness Professionals in 2014.
- Voted one of Houston's Top Emergency Medicine Doctors by the Houstonia Magazine in 2015.
- Amazon Best Selling Author in 4 Categories for her book "Get Informed!: A Guidebook for Recently Diagnosed Diabetics and Their Loved Ones"



Media Apperances





Why Choose Me?

As a board-certified emergency and lifestyle medicine physician, entrepreneur, and wellness coach, I bring more than just credentials—I bring real-life experience, compassion, and transformational results. I developed the T.H.R.I.V.E.™ modality—Transformative Mindset, Health-Focused Living, Resilient Action, Intentional Effort, Victorious Outcomes, and Empowerment for Life—from my personal journey of navigating a demanding medical career, motherhood, entrepreneurship, and my own wellness transformation.

I don't just teach this framework—I live it.

Your audience will not only hear inspiring stories—they'll gain practical tools for reclaiming their health, productivity, and purpose, even in the midst of overwhelming schedules, aging concerns, and work-life imbalance. My approach energizes high-achieving professionals to lead with clarity, care for themselves without guilt, and THRIVE—personally and professionally.

Whether speaking to healthcare professionals, corporate teams, or women's leadership groups, I deliver engaging, empowering, and actionable talks that resonate long after the event ends.

Testimonials



Valencia B., RN

"Not a day goes by that I am not completely grateful for Dr. Sharita Warfield's wisdom. When I met her, my diabetes was unmanageable, and I struggled with my diet. Thanks to her patience, expertise, and personalized guidance, my blood sugar dropped from 400 to consistent fasting readings of <120. Her recipes were both tasty and healthy, and her recommendations were life-changing. I am now happier, healthier, and on my way to becoming diabetes-free. Her work is unparalleled in the community!"

"Dr. Sharita's passion for her patients' well-being is truly inspiring. She has helped me tremendously, especially with controlling my eating and snacking. Her shows and social media content are always engaging, and I've learned the most from her discussions on diabetes. I can't wait for her recipe book to be released and have encouraged all my friends and family to follow her!"



Jeanette C.

Services

- Television interviews
- Radio interviews
- Blog, News Media and Online interviews
- Newspaper/magazine interviews
- Writing assignments for publications



Fees

Speaking fees, travel, and accommodations will be discussed during the pre-event discovery call. Please inquire for more details.

Travel Arrangements Should Cover:

- Airfare (for two) or SUV Car Rental
- Ground Transportation
- Hotel Accommodations
- Meals, and gratuities



Get in Touch



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