



Dr. Shola Ezeokoli

Dr. Shola Ezeokoli is a physician, an ICF certified professional life coach, a two-time Amazon number 1 best-selling author, and a corporate wellness speaker. She is the CEO of Balance With Dr. Shola, through which she offers speaker services and life coaching services.

Dr. Shola works with organizations to improve employee health, productivity, and engagement through a focus on life balance, confidence, and personal power. She does this through lunch-and-learns, seminars, and workshops.

Dr. Shola has been featured in WVON, Fox 32 news Chicago, HuffPost, iHeartRadio, blackdoctor.org, and Outcome Health TV, a syndicated health show seen in doctors offices all over the nation.

Her speaking topics include:

Addressing Burnout In The Legal Profession: a CLE approved 6 module live series by Dr. Shola Ezeokoli which will give you the mindset, as well as the tips and tricks to live a fully engaged, happy, professional and personal life, free from stress and burnout. This program is also approved by the Illinois Supreme Court on Professionalism for Mental Health.

Burnout to Balance: Her signature corporate wellness program provides tools and strategies to prevent and eliminate burnout through focus on total life harmony.

CODE Blue-Rescuing Physicians In Burnout: Burnout. Depression. Physician suicide. As doctors, we cannot effectively treat others unless we ourselves are healed. This talk addresses how doctors can take charge of their own lives and live free from stress and burnout; in a life of total harmony that they deserve.

The Balanced Life: This addresses self care and wellness from a results oriented standpoint. Find out how paying attention to the five pillars of balance can make you a better person, friend, spouse, and a more productive employee/entrepreneur/employer.

Featured in



For bookings, send email to:

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