

DR. KARTHIK RAMANAN

Emotionally Healthy Company™
Emotionally Healthy Entrepreneur™
Emotional Health Mastery™



INTRO



Dr K's Five Pillars of Emotional Health™ help growth seekers move forward into the lives they envision. The five pillars to creating unshakeable emotional health are your psychology, relationships, nutrition, sleep, and exercise. Each of these contributes to living well and without them, your quality of life is affected. High achievers tend to sacrifice one (or sometimes all) to get more done and Dr. K demonstrates real-world

ways to support your own emotional health while performing at the top of your game. As a doctor, he presents logical, science-based information. As a human being who has overcome his own challenges with mental health, he mixes those messages with real-life experiences and stories that provide the emotional investment needed to engage and interact with audiences of all sizes.

"Dr. K has the gift of accurately seeing and speaking to the everyday challenges that many of us are trying to navigate while accomplishing our goals. He artfully balances providing practical and effective tips while also instilling a sense of confidence and hope. I'm so grateful for his message." *Nekole E.*



SPEAKING TOPICS & KEY TAKEAWAYS

Dr. K offers keynotes on a number of emotional health topics that resonate with high achievers in any audience. *He will customize his speech to your conference theme or combine topics for a personalized and inspiring talk to meet your needs and objectives so you can choose* from this list or [HAVE A CONVERSATION](#) and determine what's best.

- Burnout. It's not just for leaders any more
- The Origins of Beliefs and Fears
- How to Prevent and Recover from Burnout
- Discovering Your Superpower
- Expectations vs. Standards - The Key to Joy
- Habit Formation and Routines
- Visualization - Your Superpower to a New Future
- Emotionally Healthy Communication - Treating Others How They Want to Be Treated
- Dealing with Unsupportive Friends and Family
- How to Set Healthy Boundaries at Home, at Work, and with Yourself
- Feed Your Brain Right
- Emotionally Healthy (Romantic) Relationships
- Boost Your Energy and Emotional Health with Sleep
- Giving Yourself Credit

DR K SPEAKS



“Dr. K’s content has been incredibly helpful and valuable to me, especially at times of overwhelm and anxiety. There is so much supporting medical information delivered in a way that I can understand and appreciate.

Dr. K’s motivational speeches pump me up and I know you will find the same support and value in any content that he offers.” *Keith W*

WHY DR. K?

Dr. K is a licensed Naturopathic Physician specializing in integrative emotional health and lifestyle medicine who helps professionals and entrepreneurs end burnout by creating unshakeable emotional health.

First, he lived the imbalance of emotional unrest for which he found and tested various ways of coping. Then he studied to become a doctor for greater understanding, applying what he learned to help others. By blending compassion and understanding

with his knowledge of medicine and nature, Dr. K helps audiences see beyond the burnout, exhaustion, or frustration they experience now and open their eyes to a world of wonder they may not know even exists.

Dr. K has helped hundreds of individuals reverse chronic stress, end burnout, and get their lives back.

DR. K BELIEVES IN YOUR GREATNESS

DR K HAS SPOKEN TO AUDIENCES AT THESE COMPANIES AND CONFERENCES (AND MORE):



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