

Dr. Saundra Dalton-Smith

INTERNATIONAL WELLNESS EXPERT

Contact at

support@DrDaltonSmith.com

Work-related stress costs business over \$1 trillion dollars in lost productivity each year.

What is failure to equip your team with **RESILIENCE AND CHANGE MANAGEMENT SKILLS** costing your company?



BIOGRAPHY

Dr. Saundra Dalton-Smith is a **Board-Certified internal medicine physician, work-life integration researcher, CDC Wellness Series speaker, and author.** She is an international wellness expert featured in numerous media outlets including Prevention, MSNBC, Women's Day, FOX, Fast Company, Psychology Today and Shape Magazine. She is the author of numerous books including her bestselling book Sacred Rest: Recover Your Life, Renew Your Energy, Restore Your Sanity, including ground-breaking insight on the seven types of rest needed to optimize your productivity, increase your overall happiness, overcome burnout, and live your best life. Over 100,000 people have discovered their personal rest deficits using her free assessment at RestQuiz.com.

SIGNATURE TOPICS

- Resilience
- Change Management
- Burnout Prevention
- Personal Performance
- Leadership
- Health/Wellness
- Mental Health
- Work-Life Integration



Why You Should Book Dr. Saundra?

Meera Temple

Data Analyst,
Casper

Dr. Dalton-Smith recently spoke at a company-wide event on the intersection of sleep & rest. She was a warm, engaging and informative speaker. We received a lot of positive feedback from employees about both her speaking style and the content that she shared, which was relevant and easily applicable.



Aaron Hernandez

Education and Events Director,
Texas Society of Association Executives

Dr. Dalton-Smith presented at our annual Women's Summit with over 95% of those surveyed scoring her talk as excellent. Attendee direct feedback included the following statements, "Great speaker with applicable information", "Loved how she had great info and practical advice to go with that information", and as one attendee commented "Best part of the conference".



Tana Phelps

Marketing Manager,
CASSLING

Dr. Dalton-Smith earned the highest score of the day on our survey—4.92 overall satisfaction on a 5.0 scale. I have no doubt that one customer's simple yet direct survey remark, 'loved this!' is indicative of the positive response everyone in attendance had to the presentation. We will definitely consider Dr. Dalton-Smith as we plan future seminars and webinars.



Lisa Davis

Ascension Continuing
Education Manager

Dr. Dalton-Smith was the keynote speaker at our CE/CME Grand Rounds in August. Dr. Dalton-Smith delivered an inspirational presentation laced with honesty and hope to understand life's demands to help live a happier, healthier life. Through sharing her knowledge and life experiences Dr. Dalton-Smith showed the audience ways to reverse burnout and stress in their personal life. Great speaker and presentation!



Dr. Saundra Dalton-Smith

INTERNATIONAL WELLNESS EXPERT

Contact at

support@DrDaltonSmith.com

(256) 405-9765

DrDaltonSmith.com

support@DrDaltonSmith.com

<https://www.linkedin.com/in/drdaltonsmith/>

