



Dr. Chloe Carmichael

Topics

Business and Management, Culture and Society, Health and Wellness, Inspirational Speakers, Legal Affairs, Mind and Brain, Science and Technology

Travels From

New York

Bio

Dr. Chloe Carmichael, also known as Dr. Chloe, holds a doctorate in Clinical Psychology from Long Island University. Her private practice focuses on stress management, relationship issues, self esteem, and coaching. She is the author of *Nervous Energy: Harness the Power of Your Anxiety* (St. Martin's Essentials, 2021). Dr. Chloe attended Columbia University for a BA in Psychology, and graduated summa cum laude with Departmental Honors in Psychology. She completed her doctorate in Clinical Psychology at Long Island University. She completed her clinical training at Lenox Hill Hospital and Kings County Hospital, as well as other settings such as community clinics and university counseling centers. She has published work on issues related to psychotherapy through academic sources such as Guilford, and presented at the Anxiety Disorders Association of America. She has instructed undergraduate courses at Long Island University and has served as adjunct faculty at the City University of New York. Dr. Chloe is a consultant for and speaks regularly at Baker McKenzie, the third largest

law firm in the world. She has spoken at their New York City office as well as online to their entire North American offices including the United States, Mexico and Canada. She is also a favorite at the 92nd Street Y, having been invited to speak at the 92Y Summit in 2019 and in 2020. She also presented for the wealth management group Belfer Management LLC (founded by Laurence Belfer, chairman of 92Y). Dr. Chloe has also presented for Columbia University on multiple occasions, in-person and online, as a featured speaker to their entire alumni network around the globe. She has also spoken for WikiHow. Dr. Chloe is an Advisory Board member appearing for *Women's Health Magazine* (Hearst) and *Prevention.com*, and a featured expert for *Psychology Today*. She has also been featured as an expert on-camera at VH1, Inside Edition, ABC Nightline and other network television; and she has been quoted in print media including the *New York Times*, *Forbes*, *Vanity Fair*, *Shape*, *Cosmopolitan*, and *Rolling Stone*.

SPEECHES

Nervous Energy: Harness the Power of Your Anxiety A signature talk based on the nine tools in Dr. Chloe's book, *Nervous Energy: Harness the Power of Your Anxiety*. As an expert psychologist who focuses exclusively on high functioning people, Dr. Chloe guides attendees to recognize their strengths and potential. This highly adaptable talk can offer up to nine tools with step-by-step instructions to help harness the nervous energy that driven, intelligent people sometimes experience as anxiety, and convert it into a source of targeted, healthy steps towards objective goals or desired states of being. This facilitates a reduction in stress, as well as a more productive fulfilling life.

Anxiety is something we *all* experience -- it is actually a healthy part of our lives, if we understand how to use it to our advantage. Let Dr. Chloe help your organization create space for mental health in a warm, practical, inspiring, and engaging experience!

Navigating Turbulence: How to Stay Grounded When the World Gets Hectic We all know that we are living through incredibly turbulent times: we're navigating through a global pandemic and periods of quarantine during an election season fraught with intense conflict that may even bleed into our personal relationships and support networks...moreover, all of this is happening against a backdrop of historic sociopolitical unrest and tremendous economic volatility.

While there is no panacea, the good news is that we absolutely *can* bolster our resilience by taking the time to consider our individual situation carefully; and then augmenting our toolbox of skills to navigate these unprecedented times as smoothly and wisely as possible. Clinical psychologist and former yoga teacher Dr. Chloe Carmichael will teach audiences how to:

- Increase our capacity for self-resilience, while also making sure to maximize our support networks
- Stay emotionally aware of stressors so we can practice self-care, while also learning to keep stressors in perspective
- Set boundaries in personal relationships around conflict-laden topics, while also increasing our

ability for healthy communication even in a disagreement

- Recognize and appreciate our individual signs of stress overload, and learn how to respond in a healthy way

Decision Making in Times of Uncertainty Making decisions requires careful thought, even in optimal conditions. In times of uncertainty, the process can be harder. Currently, many of us are wrestling with important decisions both personally and professionally; often with limited information available. The good news is that we don't have to go through this alone. Dr. Chloe Carmichael shares with us on topics of decision making and uncertainty, using examples that many of us may currently be facing, such as:

- How should I decide if I'm ready to return to the office?
- What is the best approach to choices about remote vs. in-person school?
- How should I handle visits with close friends or family outside of my home?

We all know that there are costs associated with nearly all forms of risk, and costs associated with risk aversion as well. There is no "one size fits all" answer. The goal of this workshop is to explore the factors at play in our current situation; and confront the role of uncertainty as we ponder important decisions. In this talk, receive support with stopping second-guessing ourselves, setting boundaries around input from others, learning how to determine the best decisions based on our own unique situations, and more.

Harnessing Perfectionism Many high functioning people struggle with perfectionism. They may even be somewhat attached to their perfectionism because they associate it with a:

- Willingness to notice and correct their mistakes
- High level of conscientiousness
- Desire to deliver their best effort

However, many high functioning people have a gnawing awareness that their perfectionism may ironically be blocking them from learning new skills or giving their best performance. This is because perfectionism can actually be demotivating, distracting, and drain our energy. The constant second-guessing can result in procrastination, irritability, and reduced engagement.

Dr. Chloe teaches how to extract the positive aspects of perfectionism while shedding the negatives in an informative and entertaining webinar. She emphasizes how to harness perfectionism into a more productive and joyful approach to work, relationships, or anywhere else that perfectionism may be an obstacle to success. Attendees will learn new perspectives and tools to manage perfectionism (almost!) perfectly.

Mindfulness + Breath = Wellness Mindfulness is such a popular term these days, and we all know it is supposed to be good for you. But what exactly is it? And how can we use it to our benefit? Dr. Chloe unpacks this term and demonstrates its usefulness alongside some helpful breathing techniques. Many people think of breathing techniques as promoting relaxation, but did you know they can also improve focus and increase energy? Dr. Chloe will review a sampler of three different breathing techniques to use in different situations depending on your goals. Some techniques will include optional meditative components as well. The breathing techniques we will learn include:

- The Three-Part Breath: A foundational mindfulness technique, as well as a proven way to increase oxygen levels and promote overall wellness.
- The Cocoon Breath: The perfect way to help yourself relax after a long day, or create a sense of boundaries when feeling overwhelmed.
- The Breath of Joy: An invigorating breath to increase energy and vigor.

Whether you're a total novice or a wellness aficionado, you will learn techniques and perspectives that can be used in everyday life or in a personal daily routine of quiet reflection. This workshop is designed to support our community in a time of increased stress, but the techniques will be a helpful addition to your toolbox even in times of ease.

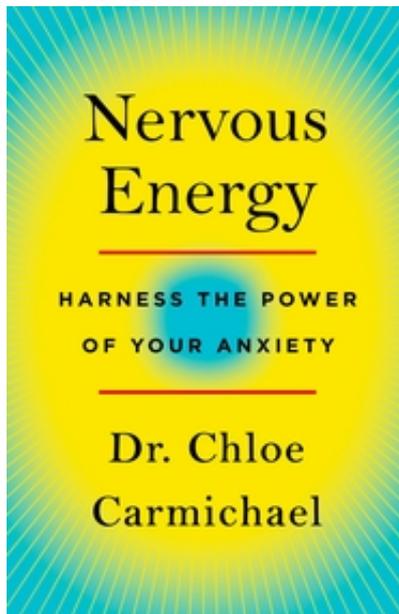
Goal Attainment: Let's Do This! Dr. Chloe has led seminars on goal attainment for different organizations and institutions, including Columbia University on multiple occasions. This energizing workshop highlights the importance of goal setting and provides actionable ways to achieve these goals in a way that acknowledges and utilizes the emotions that accompany each step. Give your team a welcome boost of inspiration and knowledge.

The C.A.R.E. System for Difficult World Events When confronted with a pandemic, terrorism, and other difficult world events, a compassionate yet actionable approach can be the best way to find balance. Dr. Chloe will take you through the CARE System for Difficult World Events to do exactly that.

Networking Nerves Networking is an essential professional skill that can bring unparalleled success in both personal professional life. In this workshop, Dr. Chloe provides strategies and real-time activities to overcome networking nerves, and fully maximize the network you are building.

Managing Change Is there a need to address "the new normal" at your organization? Dr. Chloe will help walk you through healthy strategies to manage transitions in a way that honors the past, while placing a clear and optimistic focus on the future.

BOOKS



Hardcover

[Nervous Energy](#) Harness the Power of Your Anxiety

St. Martin's Essentials

A roadmap for high achievers to harness restlessness, roadblocks, and distractions into a productive drive towards personal and professional fulfillment. "Anxiety and stress are the number one epidemic of modern civilization. Frequently, stressed people find themselves at the pinnacle of success at the cost of unhappy lives, fractured relationships, and unhealthy bodies. Their energy is wasted even though they may have an excess of it. If 'high energy' people learnt to harness their energy to go beyond reactive responses to modes of intuition, creativity, and emotional resilience, they would achieve even more by doing less and be happier and healthier. This book offers the tools they need." —Dr. Deepak Chopra, MD

REVIEWS: "Dr. Chloe was a terrific keynote speaker. Rather than other speakers who seem stiff, or like they are just transmitting information, Dr. Chloe is very dynamic and engaging. We got tons of

interaction in the chat from attendees who were really enjoying the keynote and wanted to thank us for offering it. And her book *Nervous Energy* is incredible, we are using it for several internal projects and people are definitely getting a lot out of it."

- Mark Hennes, Special Projects Supervisor, Capital Area Intermediate Unit

"Dr. Chloe is really the best. She's one of the few people, in my opinion, that really understands completely how to connect with people in a very personal way... to change lives and make people feel comfortable about who they are; and give them guidance and direction."

- Ernie Anastos, Author and Hall of Fame Broadcaster and Distinguished Emmy-Award Winning TV News Anchor

"Dr. Chloe was a very engaging speaker. Her advice was easily understandable, memorable, and practical. Would definitely invite her back again!"

- Jim McCann, Founder and Chairman, *1-800-FLOWERS*

"We value the annual Goal Attainment workshops that Dr. Carmichael has offered annually since 2012. The workshops are high quality, high energy, and have a wonderful reputation in our office."

- Sean Trulby, Associate Director of Student Life, Columbia University

"Dr. Chloe is a favorite at The 92nd Street Y. She has been very well received as a speaker for multiple events both online reaching around the globe, and in-person in New York City. We have recommended her to others due to the positive feedback we received. She is extremely professional, easy to work with, and offers a fresh and engaging perspective!" - Britta Conroy-Randall, Director of Strategic Programming, 92Y

"Dr. Chloe has been a fabulous consultant for projects involving work with brands like Christian Dior, and Lancôme. She blends psychology with New York sophistication to provide essential, razor-sharp insights."

- Pierre-Yves le Guernic, Senior Brand and Innovation Strategist, Scenarii, Caen - Paris

"Dr. Chloe was terrific. Her advice is so helpful for the community and me personally."

- Juliet Scott-Croxford, CEO, Worth Media

"Dr. Chloe's Networking Nerves workshop for SYNLawn was very well received by our group. She was well-organized, informative, and engaging. She provided practical networking tools that I saw participants put to use later that very same day."

- Anastasia Phillips, Owner, SYNLawn New York

"Thank you SO much for taking the time to talk to our IVY NYC members last week. It was a fantastic event, and everyone definitely learned a lot."

- Kay Sorin, Thought Leadership, IVY, The Social University

"During the past year, our Firm has focused on wellbeing and helping our people navigate through the many challenges resulting from COVID-19, and Dr. Chloe's guidance and assistance have been

especially useful. She has done online and in-person presentations for our people across North America, and the feedback has been extremely positive. Her approach is warm and compassionate, yet highly practical."

- Scott Brandman, Managing Partner of New York and Miami offices at Baker McKenzie

Praise for *Nervous Energy* "Anxiety and stress are the number one epidemic of modern civilization. Frequently, stressed people find themselves at the pinnacle of success at the cost of unhappy lives, fractured relationships, and unhealthy bodies. Their energy is wasted even though they may have an excess of it. If 'high energy' people learnt to harness their energy to go beyond reactive responses to modes of intuition, creativity, and emotional resilience, they would achieve even more by doing less and be happier and healthier. This book offers the tools they need."

- Dr. Deepak Chopra, MD

"*Nervous Energy* is for the millions of Americans who consider themselves stressed, overwhelmed, or socially anxious. Through clear, engaging storytelling supported by practical advice, Dr. Chloe takes readers on an inspiring journey and helps them implement her science-based solutions into their lives."

- Dr. Mike Dow, *New York Times* bestselling author of *The Brain Fox Fix*

"*Nervous Energy* is a wonderful book Dr. Chloe has an incredibly warm and engaging style that makes complex concepts feel simple and immediately useful. Vivid stories about how she has used the techniques in her own life both personally and professionally add a layer of vulnerability that makes the book come alive. This is a very helpful book and a must read!"

- Daniel G. Amen, MD, Founder, Amen Clinics, and *New York Times* bestselling author of *Your Brain Is Always Listening*

"Dr. Chloe delivers countless concrete suggestions for people who want fast and simple tools to destress, manage emotions, and increase productivity. This book and its advice will absolutely change your life for the better!"

- Dave Kerpen, *New York Times* bestselling author of *The Art of People*