

STEFANI

Reinold



Stefani Reinold is a board-certified psychiatrist, maternal mental health expert, and founder of Not the Typical Mom, a lifestyle brand dedicated to helping moms escape the stereotypes, abolish mom guilt, and live their own authentic mom lives. Out of her own suffering from postpartum depression and losing herself as a new mother, she decided to ditch the details of life and reconnect with the most important part of herself, and now helps fellow moms do the same! Whether through individual patient care, online coaching, podcasting or public speaking, Stefani encourages moms to escape the stereotypes, find their hearts, and embrace their real selves so that they can kill it in life, love and business.

AUDIENCE

Stefani's ideal audience is women in their 20s, 30s, and 40s, who are working professionals, mothers, and trying to balance it all. Her perspective resonates with the woman who wants to escape the "do-more, feel-less" hustle so she can reconnect with her real self and fulfill the true desires of her heart. Stefani's medical and clinical psychiatry background also helps her speak to doctors and clinicians in the field of women's mental health.

FULL BOOK TITLE

Let Your Heart Out: How to Escape Your Thoughts and Reconnect with the Most Important Part of Yourself

SPEAKING TOPICS

1. Maternal Mental Health/ Postpartum Depression
2. Pressures of Motherhood
3. HEART Framework/ Self-Help that helps you find yourself
4. Body Image/ Disordered Eating in Women

INTERVIEW QUESTIONS

1. Share your story about postpartum depression.
2. What are the biggest stumbling blocks or barriers to care for suffering new mothers?
3. How does traditional self-help fail us?
4. What do our struggles with food and body image communicate to us?

CONTACT

Website: www.nottypicalmom.com

Email: stefani@notthetypicalmom.com

Phone: 817-980-8045

Skype: StefaniLane

Facebook: www.facebook.com/stefanireinoldmd

Instagram: www.instagram.com/stefanireinoldmd

Twitter: www.twitter.com/stefanireinold

YouTube: www.nottypicalmomtv.com

