

Carol J. Scott, MD, MEd, FACEP

Executive Wellness Coach & Keynote Speaker

Family Events, Corporate Meetings, Women's Groups and Leadership Retreats



Maintaining a healthy, sustainable lifestyle isn't easy. That holds true for individuals, families and executives at Fortune 500 companies. Regardless of whether you maintain a healthy lifestyle or are new to the world of wellness, Coach Carol will show you a fresh perspective on how to manage your most valuable asset.

Carol's master program and coaching process teach attendees how to harness the power and passion that are an inherent part of each of us, and apply it towards managing wellness. With her help, attendees learn to define what wellness means to them, and uncover the real, human value in their vision. Wellness is the capacity to enjoy life and the company of those you love.

Coach Carol is a seasoned Emergency Medicine physician, health educator, and Wellcoaches© Certified Wellcoach. Through her firsthand experience as a clinician, Coach Carol has a comprehensive understanding of the modern healthcare system, and how to best utilize its resources for maintaining optimal wellness.

Carol engages and guides participants in developing, managing, achieving and sustaining their goals by understanding the competencies that transform wellness intentions into effective strategies – practices that can be integrated and sustained in a real world defined by challenges such as complexity, high expectations, competing priorities and unending demands.

Carol will assist you in finding personalized answers to all your wellness questions. By engaging hearts and mind in a nonjudgmental process, Dr. Scott helps attendees develop a customized path to navigate past common pitfalls that can impact health. That said, Carol is merely a catalyst that helps you reach your goals. Client-originated visions and plans are the ones that stick.

TRUE LEADERS
UNDERSTAND THE
VALUE OF WELLNESS



“*Health is the greatest wealth we have. It isn't just for the present, but for generations to come. I invite you to completely re-imagine what it means to achieve wellness, both for you and your family.*”

ATTENDEES WILL LEARN

- Why a 'clean bill of health' with your primary care physician may lead to serious health problems in the future.
- How probabilistic risk assessment tools used in the nuclear and aviation industry can keep you healthier.
- What you can do to take a leadership role in managing your health and wellness.
- Which questions you must ask at your next doctor's visit.
- Who to include on your personal health leadership team.

“Carol Scott is an outstanding coach for executives. She looks at the whole person and gives advice that is both beneficial to the company and to her clients. She brings a very balanced perspective to wellness that takes advantage of her medical background and experience with people. Dr. Scott goes beyond helping her clients create a strategy for wellness— she helps her clients make sure that the strategy is implemented and achieves results.”

MARSHALL GOLDSMITH, PHD, EXECUTIVE COACH AND AUTHOR

WHAT GOT YOU HERE WON'T GET YOU THERE: HOW SUCCESSFUL PEOPLE BECOME EVEN MORE SUCCESSFUL

“*Carol listens. She taught me that I was the expert about me. She helped me recognize what I needed and mapped a personalized path on how to get there.*”

The Scott Advisory | Fortified Family Health

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"The OWL Global Leadership Summit was well received, energizing and connecting over 250 of our senior women leaders. Your message resonated for all and your natural transparency and commitment to health through personal attention, caring and leadership was truly inspiring."

L.E. | Oracle Women's Leadership (OWL)

Learning Opportunities for Attendees

**RELATABLE
SCENARIOS**

**ENGAGING
PRESENTATIONS**

**PHYSICIAN'S
PERSPECTIVE**


**SCIENCE-BASED
WELLNESS TOOLS**

INSPIRATIONAL

**CAPTIVATING
STORIES**

**Connect with Coach
Carol and Schedule a
Booking**

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S.M.A.R.T. THINKING

- The human body is the most complex machine in the known universe. Maintaining it requires more than an annual checkup with your physician. You must become a self-expert on your health. Through High Reliability Science, a tool used by the nuclear and aviation industry, learn to vigilantly scan for personal health risks and understand how small perturbations in your wellness can have a ripple effect.
- Build a stronger, vibrant and healthier future by cultivating personal resilience and investing in your most valuable asset: Health.

MINDPAUSE

- Modern lifestyles are contributing to increased levels of stress for everyone, from the homemaker to the C-level suite. While some stress is healthy, chronic stress has a lasting, negative impact on the body, increasing the risk of heart disease, cancer and more.
- Unhealthy stress is shaped by perception. With MindPause™ and BestStressZone™, learn to transform your perspective on stress, work-life balance and lifestyle.
- Discover how to redirect stress into a tool for achieving your goals and personal success.

FORTIFIED FAMILY HEALTH

- Families and their estate plans can be dramatically impacted by the development of unexpected (and possibly avoidable) adverse health events.
- There is no single path to a rich and fulfilled life where each moment is embraced. Families must work together to achieve optimal wellness.
- Through guidance on health, wellness and intentional living, it's possible to enhance family cohesion through a unified vision for family wellness.
- A Family Health Charter outlines strategies and solutions for family wellness concerns, helping to build a stronger future together.

CEO MODEL OF WELLNESS

- Leadership ability and health are intimately linked. However, many great leaders don't put the same level of dedication into their wellness as they do into the companies they lead.
- Leadership skills, whether one leads a Fortune 500 company, a small business or a family, are invaluable for improving and sustaining optimal wellness.
- With the CEO Model of Wellness, you'll assume the mantle of leadership for your most valuable asset: Personal Health. You'll learn to guide your team—comprising your primary care physician and more—towards achieving your health goals.

Carol J. Scott MD, MEd, FACEP is a practicing Board Certified Emergency Physician and Health Educator, trained at Johns Hopkins and Duke University. She is a Wellcoaches® Certified Health and Wellness Coach, a founding fellow of the Institute of Coaching Professionals, and recipient of the Educator of the Year Award from the National Association of Women Emergency Physicians. As a thought leader in self-care, Dr. Scott is the creator of BestStressZone™, MindPause™, The CEO Model of Wellness™ and S.M.A.R.T. Thinking™.

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