



Susan Biali M.D.

Author, Speaker, Medical Doctor and Flamenco Dancer

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It is no wonder that Flamenco dancing appealed to Dr. Susan Biali, internationally recognized medical doctor, wellness expert, and life coach. In her heart, as within all of us, is the freedom of the gypsy. In her quest to free herself from depression and poor health, Dr. Biali chose not to adhere to societal norms and logical career paths.

Today, she fuses her passion for dance with her voice to inspire and educate others. Dr. Biali teaches her readers and audiences to see health and life in a new way and helps them realize that they do not have to go far to find themselves. Rather, it is about having the courage to recognize who they are and to make their most important life choices based on this.

Dr. Biali holds a Doctorate of Medicine and a Bachelor's of Science in Dietetics from the University of British Columbia. She has received countless academic and personal awards, most recently the Woman of Worth Award in Health & Wellness. She has appeared in national print media such as *Self*, *Fitness*, *Hello!* and the *Chicago Tribune* and had a "Food for Thought" column for the past 8 years in *The Medical Post*, educating physicians and health professionals across Canada about nutrition. Currently she blogs for *PsychologyToday.com*, is a "Health Maven" and "Top Health Blogger" for *Wellsphere.com* and an expert for *HealthyCanada.com*. She is also a professional spokesperson, educating the public about nutrition and other elements of health.

In addition to her medical and coaching practice, Dr. Biali is a professional Flamenco dancer who dances on international stages. She has performed in some of the world's most prestigious resorts, for celebrities such as Sean Penn. She has also given private dance lessons to singer/songwriter Pink and actress Tamera Mowry. Flamenco dancing remains an integral part of Dr. Biali's life today.

Dr. Biali has appeared on numerous television, radio and internet media outlets in Canada and the United States including *Fox News*, *Global TV*, *CTV*, *CityTV*, *MSNBC*, *MSN*, *AOL* and *The Good Life Network*. Dr. Biali is fluent in English and Spanish. She resides in Vancouver, Canada with her husband and dance partner, Armando Martinez, and Faro, a rescue dog with a giant personality entrusted to them by the Los Cabos Humane Society.

Her book, *Live a Life You Love: 7 Steps to a Healthier, Happier, More Passionate You*, will be released by New York's Beaufort Books in March 2010.

Speaking and Workshops

Dr. Susan Biali, an internationally recognized doctor, wellness expert and life coach, danced her way out of depression and despair and into the life of her dreams. Today, she shares with audiences how a healthier, happier life is possible. Dr. Biali can present in English or Spanish (and also speaks German, as well as some French and Italian). Through her candid style, audiences across North America discover themselves opening their minds to new possibilities, enjoying a fresh view of themselves, their health, and life itself.

“Your biggest contributions to this world come from the wonderful tapestry made up of all parts of you – your flaws, your mistakes, your dreams, your talents, your experiences, and your natural likes and dislikes. You’re completely unique on this planet and in history, and you are here for a reason. Until you start being the “real” you, in all areas of your life, you can’t possibly experience the fullness of the life that most certainly is waiting for you.” – Dr. Susan Biali

Dr. Biali offers:

- Speaking and Workshops
- Media Interviews
- Book Readings
- Flamenco and Salsa dance demonstrations and instruction

Audiences and clients include:

- Women’s Organizations
- Medical/Healthcare
- Psychologists/Psychiatrists
- Middle School/High School/University
- Book Club Members
- Government
- Non-profits
- Faith-based and Christian Groups
- Corporate Events, Conferences and Wellness Programs

Speaking and Workshop topics include:

- Creating Wellness, Balance and Hope: Live Your Best Life
- Your Prescription for Life: Seven Steps to a Healthier, Happier You
- Stop Waiting for Tomorrow: Make “Someday” Today!
- Live Well: Boost Your Energy, Strengthen Your Self & Maximize Your Health
- Unveil Your Blueprint: Discover the Life You Were Made to Live

Content, length and messages are tailored for the audience addressed.
Typical keynote addresses are 45-60 minutes.
Workshop lengths can be varied according to your needs.



To book Dr. Biali for speaking or media please email susan@susanbiali.com or call 604-837-1901

To learn more about Dr. Biali’s work, visit www.susanbiali.com.

For a sample video, visit www.susanbiali.com/speaking.html

Please note that a portion of Dr. Biali’s book and speaking sales will be donated to selected charities.

Speaking and Workshop Topics - Overview

Creating Wellness, Balance and Hope: Live Your Best Life!

Is your life simply too busy to get it all done? Too little time or energy at the end of the day, or at the end of the week? Do you worry that the fast-pace of modern life may be taking a silent toll on your health? Or do you already know that it is?

Dr. Biali created this life-changing program in response to the imbalance, stress and frustration she continually observes in her patients, clients, and society as a whole. She combines stories from her own life journey with stories from her patients and clients, and provides practical steps and insights that will help you identify just what it is you need to do to create or take back your own health and happiness.

In this program, participants learn to:

- Reclaim your life and your most authentic self
- Improve the quality of your health, energy and life, by learning how to interpret and respond to your own "body language"
- Balance your life and find time for the things that count most

Your Prescription for Life! 7 Steps to A Happier, Healthier You

Would you like your life to feel more vibrant and satisfying, on all levels? Would you like to know exactly what to do, to get your life, your health, and yourself, back?

In this program, Dr. Biali will shine a light into the dark corners of your life plan. You'll discover the Seven Life Secrets that are critical to total wellness and true life success, while being entertained by Dr. Biali's straight-talking style – and her incorporation of Flamenco dancing into her content. She will share insights and techniques on a variety of practical themes, from food to self-esteem to spirituality.

In this program, participants learn to:

- Reclaim your most authentic self, and begin to honor who you really are
- Stop putting yourself last, and start making self-love and self-care an absolute priority in your life
- Honor your body and dramatically improve your health, by listening to and understanding your "body language"
- Choose foods that slow down aging and powerfully protect and improve your health
- Improve the quality of your most important and challenging relationships
- Balance your life and find time for the things that count most
- Make room for the divine in all aspects of your life, and gain a fresh, positive perspective on life's mysteries
- Turn this knowledge into action, now!

Audiences learn simple techniques to help them create health and happiness in the midst of their busy lives. They will leave enlightened, energized and motivated, knowing exactly what they need to do next to improve their life and their future.



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Speaking and Workshop Topics - Overview

Stop Waiting for Tomorrow... Make "Someday" Today!

Do you ever hear yourself saying: "I'd love to do that, someday," or, "I promise you we'll have more time for that, someday"? What about your health, or your dreams for your life - are those waiting for someday, too?

Most of us put off important things as we rush through our days, but we seldom stop long enough to consider the true cost. In this program, Dr. Biali will share with you her statistically proven secrets to a happy life that's fully lived - and she will show you why, and how, you must make them a priority in your life - today.

In this program you will learn to:

- Recognize when and how you are consciously or unconsciously putting off the things in life that matter most.
- Unlock your true happiness by releasing focus on the superficial, and seeking real fulfillment from what counts most in life
- Employ practical, creative ways in which you can begin looking after yourself, have more fun, reach for your dreams, and find more time for your family and friends

Live Well: Boost Your Energy, Strengthen Your Self & Maximize Your Health

Are you feeling stressed-out and run-down? Would you like to enjoy more health and energy, but don't know how to do it, where to start, or when you might fit it in?

As a medical doctor and life coach who also happens to have a degree in nutrition, Dr. Biali is uniquely qualified to help your group improve their health, energy and quality of life.

In this program, participants learn to:

- Eat for optimal health and energy
- Build resilience to prevent burnout
- Protect their physical and mental health from the damaging effects of stress
- Minimize stress and maximize their health, energy well-being in both their professional and personal lives

Audiences leave feeling enthusiastic and optimistic about their ability to thrive in both work and life, armed with simple wellness practices that are sure to help them live healthier, more vibrant and productive lives.

Unveil Your Blueprint: Discover the Life You Were Made to Live

Do you know that there is a better life out there, waiting for you, but don't know how to find it? Does your heart beat with hopes and dreams, but you're afraid - or don't know where - to start?

Dr. Biali transformed herself from a depressed, frustrated physician into a professional flamenco dancer and internationally recognized wellness expert. On the journey, she encountered self-doubt, fears, discouragement and many other obstacles. She got past them and made it through, and helps audiences realize that their most fulfilling life is out there waiting for them, right now. Dr. Biali teaches this through stories and illustrates using flamenco music and dance.

In this program, participants learn to:

- Discover (or re-discover) the real you
- Connect with your hopes, dreams, passions and talents
- Move through fear into fulfillment
- Trust and celebrate the process of following your true life path

Audiences will leave filled with a sense of renewed hope and possibilities for their lives. They will know just what they need to do next, to begin living the life that has been waiting for them, all along.



Testimonials and Endorsements

"Dr. Biali is a world-class speaker who completely WOWed almost a thousand women at our 5th annual Woman of Worth (WOW) event. She was hands-down the most popular speaker of the day, inspiring the audience to rave reviews with her candor, humor and passion. Dr. Biali is a total class act and an extraordinary Woman of Worth".

Christine Auram, Founder, Woman of Worth (WOW) Events

"Dr. Susan Biali's presentation on Wellness, Balance and Hope was an unforgettable evening for everyone! So many people told me how much they enjoyed it, and, often, that they had tears in their eyes near the end of her talk. Dr. Biali was a dream to work with."

Alice Hurst, organizer of the annual Hycroft Lecture, University Women's Club of Vancouver

"Dr. Biali is an amazing physician, life coach and wellness expert. Thank you, Dr. Biali, you are great and the Wellsphere community appreciates all that you contribute!"

Geoff Rutledge, MD, PhD, Chief Medical Information Officer, The Health Central Network and Wellsphere.com

"Susan has a natural ability as a speaker and facilitator to connect with everyone, and engage her audience from the first moment to the last. Her amazing life story is woven throughout her topic, which makes you listen and pay attention to what's next. A rare and lovely woman who really does 'practice what she preaches' "

Debra Kelly, Sol Spirits Conference Planner, Mexico

"Susan is an extremely knowledgeable and well-spoken advisor. We invited her on two different television shows to speak to us about what she does and how that can be applied to any of our viewers in a way that will positively impact their lives. The advice and information she gave was exceptional."

Karl Richter, Director "The Daily" & "The Daily Weekend Edition"(Canadian national television)

"I found your talk really helpful, and I know others did as well. You do a really beautiful job of incorporating your own stories in with the concepts you teach. Most speakers don't do that, and it gives people such a concrete way to apply concepts that you're talking about. It brings them to life."

Paige Wigginton, New York

"Susan, thanks so much for teaching me how to salsa. I'm so excited to keep it going - your wonderful words have inspired me to continue to do it!"

Tamera Mowry, Actor, Strong Medicine and Sister Sister

"I'll never forget the day Dr.Biali's seminar not only packed the room she was speaking in but drew an overflow crowd listening just as intently outside the door!"

Rick Campbell, Associate Publisher, The Medical Post

"The audience was captivated as Susan shared from her life experiences and education. Everyone in the audience could identify with her, while self reflecting on their own lives. It was an incredible evening. Susan's magic, her gift, is in her truthfulness. She is living her best life, and that integrity IS inspirational, and is what makes Susan such a dynamic and powerful speaker."

Teresa Shields, Conference Coordinator, Co Director, Centro Mujeres, Mexico

"Dr. Biali was an incredibly engaging speaker for our staff. Her principles of wellness and balance were presented in such a personal manner, making her ideas inspiring yet tangible. Her presentation received such positive feedback - many told us that her words deeply resonated with them. We would love to have her speak to our staff again!"

Ange Cullen, Health & Wellness Program, Land & Building Services at the University of British Columbia

"I loved your talk and found it really inspiring - your presentation and insights were fantastic!"

Dr. David Cohen, Psychiatrist, Richmond Hospital

"Dr. Biali's manner was so comfortable and it was easy to plan a session that I knew would be successful. Following her session, staff felt it was very motivating and that it gave them practical lessons to take away. Some comments were: "absolutely amazing"; "I loved listening to her and the entire presentation was so inspirational"; and "we need more of this as a reminder in our life". I would have no hesitation in hiring and working with Susan again in the future or to recommend her to my colleagues."

Linda Meyers, Training and Development Officer, Justice Institute of B.C.

"We have had many performers at our corporate holiday parties but Dr. Susan Biali was the most amazing and entertaining of them all! Her performance was beautiful and captivating, she commended the attention of our guests and the planning team received many compliments afterwards. Muchas gracias, Susana!"

Heman Mehta, Product Manager & Event Coordinator, Faronics

"Thank you for your inspiring and invigorating presentation at our 12th annual Healthy Aging Summit."

Sudha Reddy, Chief Nutritionist and Conference Chair, State of Georgia Department of Human Resources Division of Aging Services

"Susan is very professional in her work and always received excellent comments from our guests. Everyone was enchanted by her flamenco and her salsa dance classes; she always created an unforgettable experience for them."

Lorena Fabela, Romance & PR Coordinator, Las Ventanas al Paraiso (A Rosewood Resort), Los Cabos, Mexico

Clients



- State of Georgia - Department of Human Resources
- Houston Healthcare
- Alcon
- Central Georgia Cancer Coalition
- Women of Confidence TeleSummit
- LifeFest - A Life in Balance Expo
- The WOW Woman of Worth Event
- Fraser Health Authority
- Nurse Next Door
- Vancouver Coastal Health
- British Columbia Children's Hospital
- Canadian Chiropractic Association
- UBC Land and Building Services Health & Wellness Program
- Bio-K Plus
- Justice Institute of British Columbia
- University Women's Club
- BC Health Information Professionals Society
- Chiropractic Association of Saskatchewan
- The E-Women Network
- Vancouver Learning Assistance Teachers' Association
- Soroptomists International
- Centro Mujeres Mexico
- Keyano College/Syncrude Wellness Center
- Saint Galilee Faith & Health Summit

LIVE A LIFE YOU LOVE

7 Steps to
a Healthier,
Happier, More
Passionate You

DR. SUSAN
BIALI, M.D.



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"Dr. Susan Biali's *Live a Life You Love* inspires and motivates us all to live authentically and discover the healthy and happy life we all long for. Easy to read and filled with practical steps that we can all follow. A must read!"

*- Eva Selhub, M.D., Harvard Medical School,
author of *The Love Response**

Dr. Susan Biali knows that being true to your most authentic self will make you happy, healthy, and passionately in love with life. Her simple seven-step plan will help you discover (or re-discover) the hopes, passions and talents that make up the real you. Along the way, you'll learn essential principles of wellness that will dramatically improve your physical, emotional and spiritual well-being.

You will learn how to:

Begin making YOU a priority

Understand your body's "language"

Choose foods that slow aging and boost health and improve energy

Improve your most important relationships

Balance your life and find time for what counts

Turn this knowledge into action, now!

Available online at Amazon and BarnesandNoble.com and in bookstores across North America.

www.LiveALifeYouLoveBook.com

Media

American Print

- Self Magazine
- Fitness Magazine
- First For Women Magazine
- The Chicago Tribune
- Johns Hopkins University "Today's News"
- The Baltimore Sun
- Houston Home Journal
- The Charlotte Observer
- The Orlando Sentinel
- Buffalo News
- The Columbia Daily Tribune
- My Family Doctor Magazine
- The Knot Magazine
- Wholly Matrimony Magazine
- Gringo Gazette
- Fushion Magazine
- Venus Divas Magazine

Canadian Print

- Reader's Digest Best Health Magazine
- Chatelaine Magazine
- Glow magazine
- Today's Parent
- Hello! Canada
- The Medical Post (column: "Food for Thought")
- Canadian Family Magazine
- Metro News
- Just For Canadian Doctors Magazine (column: "Living Well")
- Woman's Post
- Your Workplace Magazine
- Heart Business Journal for Women (column: "Live Well, Feel Better")
- Wellness Options
- The CCA Report (contributing expert)
- Opulence Magazine (wellness column)
- Supreme Living Magazine
- LOOK Magazine
- City Life Magazine
- MOMEo Magazine
- McGill University Cardiology Division Newsletter
- Vancouver Sun
- North Shore News
- Langley Times

Television

- Fox News
- Televisa (Mexico)
- CTV
- Global Television
- CityTV
- Vision TV
- JoyTV
- The Daily with Mark & LauraLynn (weekly wellness expert)
- The Daily Weekend Edition with Todd Cantelon (regular panel member)
- VTV Breakfast Show ("in-house GP")
- Shaw TV: Urban Rush
- Shaw TV: Studio 4

American Radio

- Sirius Radio: Good Life Network (The Good Life w. Jesse Dylan)
- WOOL FM (Vermont)
- WGCB-AM (South Carolina)
- WSRadio
- AchieveRadio.com

Canadian Radio

- CFUN 1410 (Vancouver) - The Nik & Val Show
- CFUN 1410 (Vancouver) - The Afternoon Buzz
- 1031 FRESH FM (Toronto)
- 900 CHML (Toronto)
- 680 News Radio (Toronto)
- CFX Radio (Victoria)

Mexican Media

- Planeta Surf Magazine
- Destino Magazine
- Gringo Gazette Newspaper
- UpSouth Magazine
- Los Cabos News

Online Media

- MSNBC
- MSN
- AOL
- Wellsphere.com (Health Maven & Top Health Blogger)
- HealthyCanada.com (contributing expert)
- EverydayHealth.com
- InspireMeToday.com (named an "Inspirational Luminary")
- Suite 101
- AmericaReadsSpanish.com (Spanish Institute for Foreign Trade)

To watch clips of Dr. Biali, visit www.YouTube.com/susanbiali