

# ANNA SVETCHNIKOV

## THERAPIST, AUTHOR & SPEAKER

AnnaLMFT.com | @mentallyblonde

FOX PBS Forbes NBC NEWS abc THE BUSINESS JOURNALS THE WALL STREET JOURNAL



## Speaking Engagements

### Wellness - Mind full vs Mindfulness

Practical techniques to stay present and reduce stress. Balancing work, school, and life. Strategies for managing busy schedules.

### Mental Health - Understanding Stress and Anxiety

Identify symptoms and learn coping strategies to build resilience. Tips for cultivating mental strength during challenging times.

### Overcoming Challenges - Facing Academic Pressure

Strategies for handling the academic demands and pressures of school. Personal growth and self-discovery, encouraging introspection, setting personal goals, and embracing individuality.

### Integration Themes - Holistic Approach to Wellness

Integrating physical, emotional, and mental well-being. Cultivating a positive mindset with techniques to foster positivity and resilience in the face of pressures.

### Leadership Skills - Developing Emotional Intelligence

How understanding and managing emotions can lead to effective leadership. Time management and priority setting. Balancing multiple responsibilities and setting clear priorities.

## About

Therapist, speaker, and author, with over 15 years of experience in mental health and treating thousands of clients, Anna excels in translating complex mental health concepts into relatable content. Her unique ability to captivate and educate while providing compelling advocacy for awareness plays a crucial role in reducing stigma and fostering dialogue and understanding.



Anna Svetchnikov, Everybody with Angela Williamson on PBS