DR. Lamia KATBI

Speaker.
Author.
Physician.

The keynote helping high achievers break the perfectionism-burnout cycle and reclaim sustainable confidence, presence, and purpose.



- TEDx Speaker
- Bestselling Author
- 30+ Years in Medicine

FROM BURNOUT TO BREAKTHROUGH

Dr. Katbi In Action

CLICK TO WATCH



"Dr. Katbi's approach changed my life. I finally feel present and enough as a mom and leader."

SARAH V

Meet Dr. Lamia Katbi

REWRITE YOUR STORY. **RECLAIM YOUR LIFE.**

Dr. Lamia Katbi is an award-winning pediatrician, bestselling author and TEDx speaker with over 30 years of experience helping families thrive.

She's the author of ***Just What the* Doctor Ordered: The 5 Pillars of Optimal Health,** where she shares the path she took to heal from chronic illness and feel whole again, without relying on medication.

Her work resonates with high-achieving women, working mothers, women leaders, and healthcare professionals who are navigating the pressure to perform, care for others, and somehow keep it all together.

Through keynote presentations and workshops, Dr. Katbi gives audiences practical tools to break the perfectionism-burnout cycle, strengthen boundaries, and create a more sustainable definition of success.





Why me?

Because you deserve to feel **whole!**

I know how it feels.

I lived it too. I appeared successful on the outside, but inside I was fighting a silent battle with perfectionism and shame. Years of striving for "enough" left me depleted and disconnected from my own joy.

My breakthrough came when I chose compassion, learning to offer myself the same care I gave my patients and family. That shift transformed everything—and now I help people just like you do the same. I've developed a process that empowers you to break the cycle of self-blame, release shame, and finally live fully.



Invite Dr. Katbi to Speak at Your Next Event

Presentations that Heal, Empower, and Inspire Lasting Change

Dr. Lamia Katbi is an award-winning pediatrician, bestselling author, and TEDx speaker known for her heart-centered, evidence-based approach to helping women rewrite their stories and reclaim their lives. With her trademark blend of personal storytelling, cutting-edge medical research, and actionable frameworks, Dr. Katbi delivers transformative experiences that leave audiences feeling seen, understood, and equipped to make real change.

If your audience includes high-achieving professional women, working mothers, or leaders who want to break the cycle of burnout, perfectionism, and silent suffering—Dr. Katbi is the keynote speaker you need.

She brings energy, empathy, and practical wisdom to every stage, challenging outdated notions of "success" and showing how true courage begins with compassion—both for ourselves and for those we love.

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SIGNATURE PROGRAM #1

From Burnout to Breakthrough: The Courage to Break the Cycle

Reparenting Perfectionist Mothers with Compassion, Not Criticism

Watch Dr. Lamia Katbi Speak

Customizable Keynote, Virtual Presentation, or ½ Day Workshop

KEY TAKEAWAYS

- Identify the connection between perfectionism and burnout
- Replace people-pleasing and self-sacrifice with sustainable strategies for work-life and family balance
- Understand the impact of generational and cultural narratives on your self-worth
- Transform damaging self-comparisons into powerful opportunities
- Leave empowered to model vulnerability, resilience, and authenticity



DID YOU KNOW?

Fifty-one percent of professional women report experiencing burnout — and for mothers, the risk is 30% higher.

PROGRAM BIO

In this compelling keynote, Dr. Lamia Katbi—physician, burnout prevention expert, and recovering perfectionist—invites you to trade relentless self-criticism for the healing power of compassion.

Drawing from her personal experience as both a medical professional and a mother, Dr. Katbi exposes how the pursuit of perfection fuels burnout, anxiety, and chronic health issues. You'll hear the transformative story of how she broke generational cycles of shame, learned to set meaningful boundaries, and reclaimed her self-worth.

Through her signature 8-Pillar System, beginning with compassion, attendees discover how to reparent themselves and embrace authenticity over relentless achievement. Dr. Katbi provides evidence-based methods, inspiring stories, and actionable strategies that help mothers move from shame to self-acceptance.

With a unique blend of vulnerability and expertise, she challenges the myth that being "perfect" leads to better parenting or professional success. Instead, Dr. Katbi shows that brave compassion is the true foundation of sustainable motherhood, empowering you to step boldly into your own version of success—free from guilt, comparison, and overwhelm. Because your children don't need a perfect mother, they need a present one. Through this session, expect to gain practical insight and unshakeable hope.


"Helped me break free from burnout."
"Changed my life!"
"Reconnected to my joy."
"I finally feel present."
THE KEYNOTE YOUR AUDIENCE WILL NEVER FORGET!
"I wish I had heard this sooner."
"I know I can be kind to myself now."
"Everyone needs to hear this!"
"Finally, I don't have to be perfect 24/7."
"Thank you, Dr. Katbi!"
"As a mother and professional, I NEEDED this!"

SIGNATURE PROGRAM #2

Burnout to Breakthrough: Healing the Healers

Rewriting the Script of Perfectionism and Compassion Fatigue for Healthcare Professionals

Watch Dr. Lamia Katbi Speak

Customizable Keynote, Virtual Presentation, or ½ Day Workshop

KEY TAKEAWAYS

- Recognize the direct link between perfectionism, compassion fatigue, and clinical burnout
- Unpack how generational, cultural, and systemic pressures shape professional identity and well-being
- Reframe unhealthy self-comparison and imposter syndrome into opportunities for personal and professional growth
- Learn Dr. Katbi's 8-Pillar System for cultivating self-compassion and setting boundaries—beginning with yourself, and extending to your patients and teams



DID YOU KNOW?

Recent studies show that over 51% of female healthcare professionals report experiencing burnout—with mothers in medicine facing a 30% higher risk

PROGRAM BIO

In this transformative keynote, Dr. Lamia Katbi—award-winning physician, burnout prevention expert, and fellow healthcare provider—shines a light on the hidden toll of perfectionism in medicine.

Drawing from her own journey in pediatric practice and her work with thousands of clinicians, Dr. Katbi reveals how the constant pressure to perform flawlessly can quietly erode well-being, fuel compassion fatigue, and undermine the joy that drew you to healthcare in the first place.

Through candid storytelling and the science-backed "Reclaim the Self™" framework, participants learn practical tools for "reparenting" themselves: breaking the cycle of self-criticism, setting healthy boundaries, and rediscovering meaning in their work.

Dr. Katbi's 8-Pillar System, rooted in self-compassion and authentic connection, empowers healthcare professionals to replace guilt and overwhelm with resilience, hope, and renewed purpose.

You'll leave with actionable strategies to support your own healing—and to model vulnerability and strength for your patients, colleagues, and families. Because medicine doesn't need perfect clinicians—it needs present, resilient, and compassionate healers.

Topics Available for Podcast Interviews

SIGNATURE PROGRAM #1

From Burnout to Breakthrough: The Courage to Break the Cycle

Reparenting Perfectionist Mothers with Compassion, Not Criticism

KEY TAKEAWAYS

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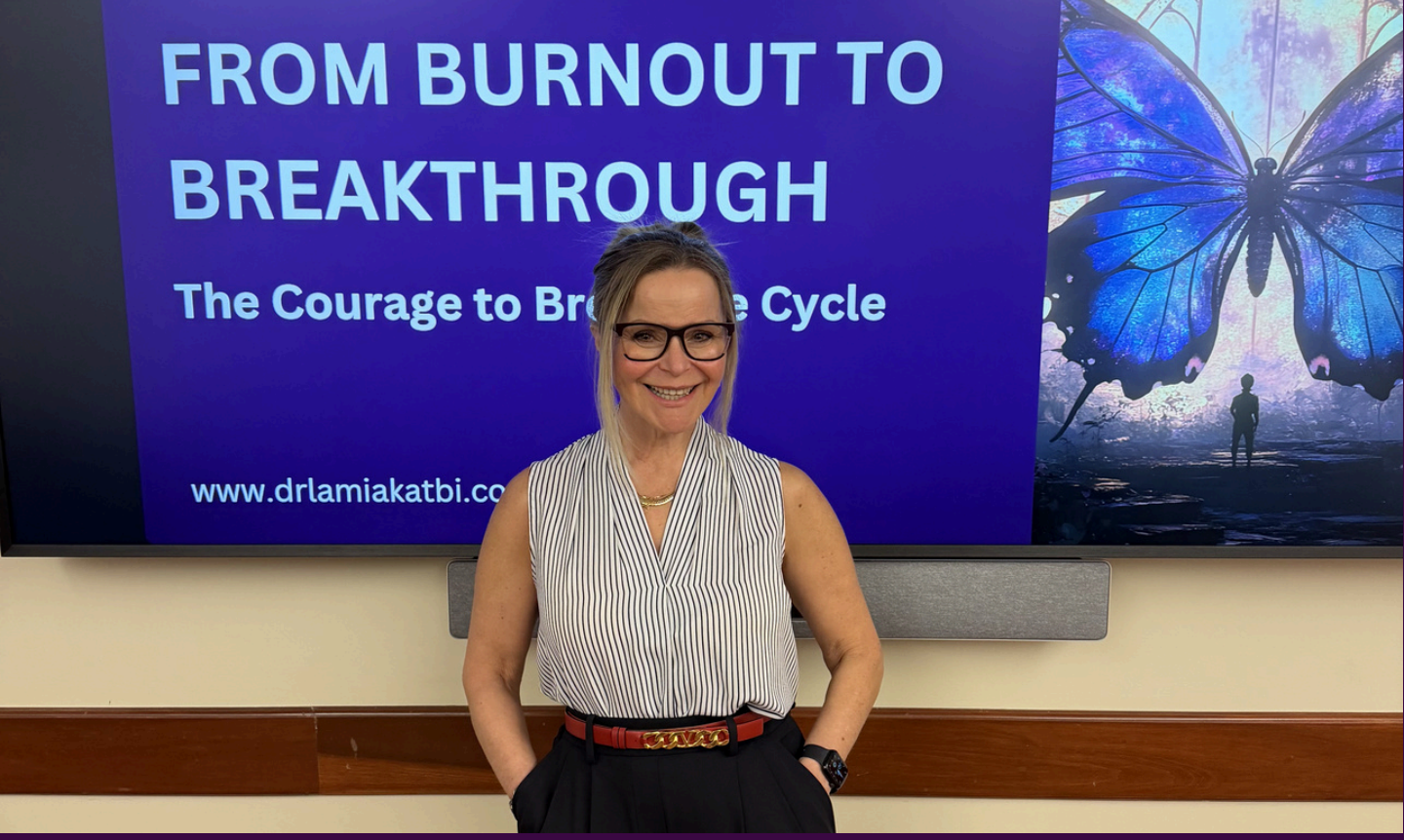


INTERVIEW QUESTIONS

Topic #1: Breaking the Cycle of Burnout

1. Why do so many high-achieving mothers struggle with burnout without realizing perfectionism is part of the problem?
2. What are some of the biggest signs that people-pleasing and self-sacrifice are leading someone toward burnout?
3. How do the stories we inherit from our families and culture shape our self-worth as adults?
4. Why is self-comparison so damaging, and how can we turn it into something that helps us grow instead?
5. What are some practical ways mothers can start modeling resilience, vulnerability, and authenticity for their children?

INTERVIEW QUESTIONS

Topic #2: Healing The Healers

1. Why do so many healthcare professionals struggle with perfectionism and compassion fatigue, even when they're passionate about helping others?
2. How do generational, cultural, and workplace pressures shape the way healthcare professionals see themselves and their careers?
3. Why are self-comparison and imposter syndrome so common in healthcare, and how can they be turned into opportunities for growth?
4. Can you explain your 8-Pillar System and how it helps healthcare professionals build self-compassion while setting healthier boundaries?
5. What's one change healthcare professionals can make today to better care for themselves without compromising the care they give their patients?

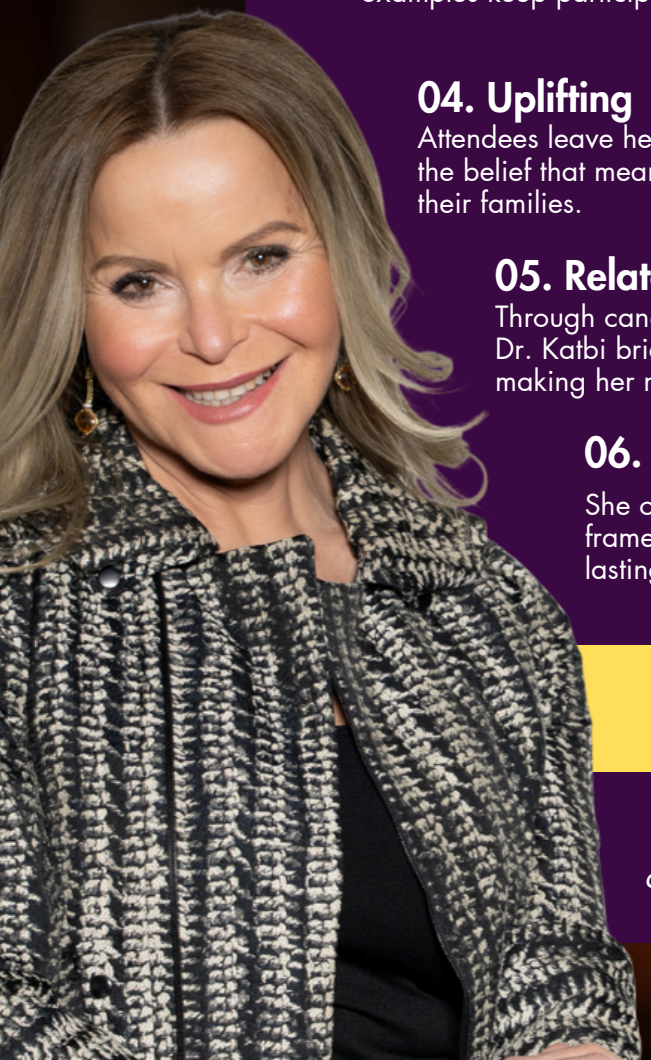


Dr. Lamia Katbi's Signature Speaking Styles

01. Empathetic
Dr. Katbi opens every presentation with warmth and deep understanding, creating safe spaces where audiences feel seen and supported.

02. Passionate
Her dedication to healing and personal growth is unmistakable—she ignites motivation and hope with every word.

03. Lively
High-energy delivery, engaging storytelling, and real-world examples keep participants attentive, invested, and inspired to act.



04. Uplifting
Attendees leave her talks with renewed confidence, hope, and the belief that meaningful change is possible for themselves and their families.

05. Relatable
Through candid personal stories and honest reflections, Dr. Katbi bridges the gap between science and daily life, making her message accessible to all.

06. Transformative & Informative
She combines cutting-edge research with actionable frameworks—empowering audiences to create real, lasting change in their lives and work.

Infusing storytelling with information and transformation.

If you are looking for someone who not only educates but also moves your audience to action, ***Dr. Lamia Katbi*** *is for your next event.*

Fee Schedule

Keynote

In person	$9,500
Virtual	$4,500

1/2 Day

In person	$13,500
Virtual	$6,500

Full Day

In person	$16,500
Virtual	$9,500

2 Days

In person	$21,500
Virtual	$12,500

DR. lamia KATBI

Ready to Bring Dr. Katbi to Your Event?

For speaking inquiries, availability, and booking information:
dr.lamia.katbi@gmail.com

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