



Susan Biali Haas, M.D.

**Expert in Burnout Prevention,
Stress Management and Resilience
Mental Health Advocate
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An award-winning medical doctor, Dr. Susan Biali Haas' life passion is to equip people with the knowledge, skills and tools that will help them to enjoy optimal mental health, avoid burnout and increase their resilience. Formerly clinically depressed and burned out, Biali Haas turned her life around by extensively studying how to overcome these two debilitating conditions. Today, she inspires a broad range of clients—from military leaders and senior executives to physicians and other health care professionals—to take control of their health and start living more impactful, meaningful lives. As a physician, Biali Haas boasts 20 years of primary care experience, working in urban medical clinics. She also worked as a mental health clinician, counseling patients with anxiety and depression during the first year of the COVID-19 pandemic. In addition to her work as an executive coach, her long list of speaking clients includes the U.S. Navy, Google, the Massachusetts Institute of Technology (MIT), McKinsey & Company, The Coca-Cola Company and Deloitte. Internationally recognized as a health and well-being influencer, Biali Haas is an in-demand expert for national and international media. She has been featured on *The Today Show*, *Today with Hoda & Jenna*, and BBC World Service, as well as Oprah.com, *Forbes*, *Fast Company*, the *Chicago Tribune*, *The Washington Post* and *The New York Post*. She has also consulted as a coach for *Cosmopolitan* and was invited to speak about mental health on the Cosmo Happy Hour podcast. A popular blogger for *Psychology Today*, Biali Haas' articles have attracted more than ten million views. In addition, she was invited to be a member of *Chatelaine* magazine's health advisory board and was the "Embrace Life Expert" for *Reader's Digest Best Health* magazine. American Express recognized her as a "Real Life Potentialist," someone who has branched from traditional paths to reach their full potential through pursuit of their passions. Biali Haas holds a doctor of medicine degree and a bachelor of science degree in dietetics from the University of British Columbia, and she has received numerous academic and personal awards. She is also the author of the bestselling book, *The Resilient Life: Manage Stress, Prevent Burnout and Strengthen Your Mental and Physical Health*.