



# DR EMILY AMOS

GP | MEDITATION TEACHER | SPEAKER | FACILITATOR

ENGAGING • WARM • INSIGHTFUL • GENUINE

## PROFESSIONAL PROFILE

Emily is a General Practitioner & mindfulness meditation teacher with the unique ability to connect with an audience and teach through storytelling. Adept at bridging the gap between authentic personal experience & evidence based health literacy, she will have your audience laughing, reflecting, connecting and learning.

Having experienced burn out and since building multiple successful businesses including wellbeing retreats for doctors & selling online courses for new parents as well as coaching, facilitating and speaking on these topics; Emily speaks with warmth, humour and a distinctly self deprecating style that calls to the common humanity in all of us. Skilled at helping your audience learn many of the lessons that she learnt the hard way around self compassion and self care, Emily will help you to manage stress, avoid burnout and live a values driven life.

## EDUCATION & TRAINING

MONASH UNIVERSITY  
Bachelor of Medicine/Bachelor of Surgery

ROYAL AUSTRALIAN COLLEGE OF GENERAL PRACTITIONERS  
Fellowship in General Practice

MEDITATION AUSTRALIA  
Registered Meditation Teacher

YOGA ALLIANCE  
200 hr Yoga teacher

## EXPERTISE

Mindfulness & Meditation  
Burn out  
Self Compassion  
Stress Management  
Lifestyle Medicine & Self Care

## PROFESSIONAL EXPERIENCE

### FOUNDER & DIRECTOR

Whole Hearted Medicine | Oct 2020 to present

- Curriculum Development
- Group Facilitation & Retreats
- Meditation Teaching
- Workshops & Speaking

### PODCASTER

mind.life.me podcast | Jan 2022 to present

### TEACHING ASSOCIATE

Monash University | Feb. 2016 to present

- True Happiness- Monash Centre for Consciousness and Contemplative Studies
- Health Enhancement Program
- PBL Tutor & OSCE Examiner (Medicine)

### GENERAL PRACTITIONER

Self Employed | July 2013 to present

- General Practice
- Breastfeeding Medicine (IBCLC)
- Surgical Assisting
- Medical Education

## REACH ME

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 [www.dremilyamos.com](http://www.dremilyamos.com)