



Dr. Michelle Boose

Certified Professional Coach, MD, MPH

Email: mdb@drmichelleboose.com

Website: drmichelleboose.com

Phone: 828.771.6202

Professionals, particularly those in healthcare, are unsurpassed when it comes to serving others, putting in long hours, and making sacrifices. Additionally, we are tasked to expertly navigate a complex, ever-changing system.

If we don't devote time and energy to care for ourselves however, the increasing demands and mounting stress around us will show up in our professional and personal life as fatigue, burn-out, poor job satisfaction, decreased job performance, relationship strain, decreased resilience, and the list goes on.

Achieving balance cannot be done passively.

Areas of Expertise:

- Leadership Development
- Career Development
- Goal Setting
- Communication Skills
- Time Management
- Productivity
- Self-Care
- Organization Skills
- Test Anxiety
- Work-Life Balance
- Burnout
- Workplace Equity and Belonging

Please email to set up a discovery session.

Currently seeing clients virtually and in-person.