

LEAD
HEAL
EMPOWER
CREATE
A MORE
AUTHENTIC
YOU

KIMBERLY LOU

MEDIA KIT

SPEAKER | AUTHOR | ENTREPRENEUR

MENTAL HEALTH ADVOCATE | WELLNESS EXPERT

Be You

3 | PROGRAMS & SPEAKING TOPICS

INSPIRING CONVERSATIONS. REAL CHANGE.

Dr. Kimberly Lou combines expertise, lived experience, and compelling storytelling to educate, empower, and transform the way people understand recovery, resilience, and personal growth.



MENTAL HEALTH & WELLNESS

Building resilience through recovery support, holistic therapies, and wellness programs.



TRAUMA & RECOVERY

From survival to thriving—transforming trauma into growth.



MINDFULNESS & SELF-DEVELOPMENT

Building a more authentic, purpose-driven life.



ADDICTION & SUBSTANCE ABUSE

Breaking stigma and rebuilding pathways to lasting change.



MENTAL HEALTH & EMPOWERMENT

Promoting self-advocacy, and well-being through education, support, and resilience-building.



INTEGRATIVE WELLNESS

Mind, body, and spirit approaches for a healthier, more whole life.

4 MEDIA & PUBLIC APPEARANCES

NATIONALLY FEATURED MENTAL HEALTH & WELLNESS EXPERT

AS SEEN ON

msnbc · TALK365 · NBC NEWS · WBOC 16 NEWS · Daily Herald · BuzzFeed · Authority Magazine · [BN] · Dr. Phil











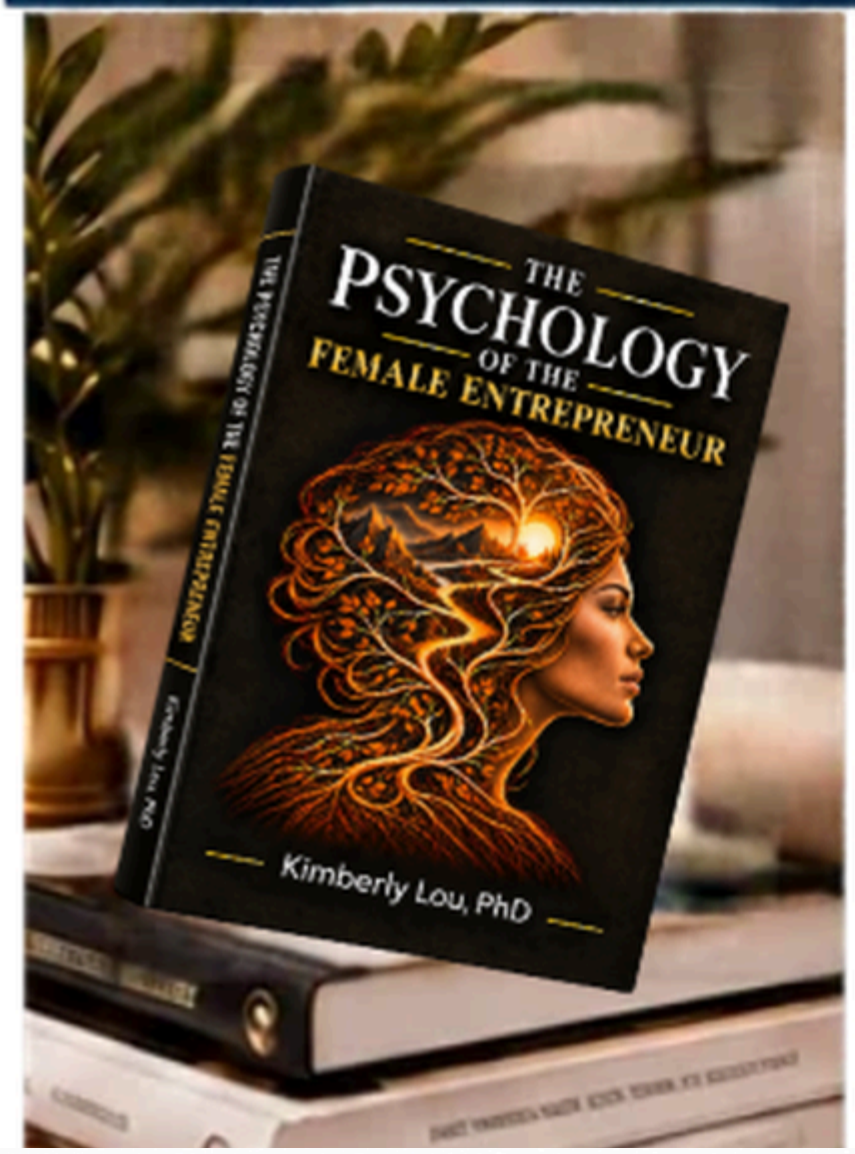


Kimberly Lou's message is real, relatable, and powerful:

She believes that what got you here won't get you there. The very patterns that helped us survive may be the same ones keeping us from thriving. Real growth begins when we recognize what is holding us back and learn to let go of what no longer serves us.

HEAL GROW THRIVE EMPOWER GIVE BACK

5 AUTHOR, ENTREPRENEUR & FOUNDER



AUTHOR

Kimberly Lou's writing explores the psychology of success, overcoming limiting beliefs, and the unconscious patterns that shape our lives. She encourages readers to break free from what holds them back, and embrace their potential.

ENTREPRENEUR

Building purpose-driven organizations that advance behavioral health, professional development, and compassionate, person-centered care.

ADVOCATE

Breaking stigma surrounding mental health and substance use while promoting access to recovery support, education, and wellness services.

MENTOR

Empowering groups and professionals to build







KEYNOTE SPEAKING | WORKSHOPS & TRAININGS | PANELS & INTERVIEWS | VIRTUAL & ON-SITE PROGRAMS

6 | LET'S WORK TOGETHER

**SPEAK.
COLLABORATE.
CREATE CHANGE.**

Bring Kimberly Lou to Your Next Event

For speaking engagements, media inquiries, partnerships, or collaborations, please reach out.

www.kimberlylou.com

kim@kimberlylou.com

(949) 397-7902

Available for in-person and virtual events

FOLLOW KIMBERLY LOU

14.5K Instagram Followers

10.0K Facebook Followers

7.25K Youtube Subscribers

Be You

SAME STORY
HIGHER PURPOSE