

Dr. Courtney

CANTRELL



MEDIA KIT

Dr. Courtney Cantrell is available to provide **expert** commentary and **insights** for media and press engagements. She is also available to provide **seminars** and **presentations** for both schools and corporate events.

Schedule a free 30-minute Zoom consultation.

BOOK A TIME

P (954) 947-8580 **@** DrC@DrCJCantrell.com

 DrCJCantrell.com



Dr. C

Dr. Courtney Cantrell is a licensed clinical psychologist known for her integrative approach to mental health, performance, and personal growth.

ABOUT

Growing up in Atlanta, Philadelphia, and New York City, Dr. Cantrell developed an early curiosity about how people across different environments think, adapt, and grow. Raised in a family of entrepreneurs, she was immersed in the dynamics of leadership, resilience, and growth, which, along with her own business background, helped shape her approach to psychology.

Throughout her career, she has been deeply interested in the brain's capacity for change, its ability to form new patterns, and its role in personal transformation. In addition to her clinical work, Dr. Cantrell has taught and practiced yoga, deepening her appreciation for the mind-body connection and reinforcing her commitment to a holistic, integrative approach to health.

FIND ME ON SOCIAL



Dr. Cantrell has been published in multiple journals, co-authored a book chapter, and has been quoted in multiple media outlets.

She holds a Doctorate in Clinical Psychology, is PSYPACT-certified and has a background in research, academia, and leadership. She also advocates for legislative initiatives that expand access to mental health care.

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Dr. Courtney Cantrell offers engaging, evidence-based presentations and workshops designed to equip employees, leaders, educators, and students with practical skills for resilience, stress management, and personal growth.



SPEAKING TOPICS

Seminars are interactive, fun, and practical.

Seminars include hands-on skills that are grounded in science and tailored to your special group. Dr. Cantrell has expertise in and can speak about:

- ✦ Teaching in the Digital World
- ✦ Child and Adolescent Mental Health
- ✦ Parenting
- ✦ Resiliency
- ✦ Screen and Technology Guide for Parents
- ✦ Building Executive Function Skills
- ✦ Practical Tools for Child Regulation
- ✦ Increasing Motivation
- ✦ Suicide Prevention
- ✦ Understanding Self-Harm
- ✦ Executive Functioning
- ✦ Bullying Prevention
- ✦ Teamwork and Productivity
- ✦ Generational Differences
- ✦ Workplace Conflict Resolution
- ✦ Stress Management
- ✦ Work-Life Balance
- ✦ Practical Mindfulness Strategies
- ✦ Effective and Authentic Leader
- ✦ Beating Burnout

If your topic isn't listed, Dr. Cantrell can create a personalized seminar for you.

FEATURED IN



Schedule a free 30-minute Zoom consultation.

BOOK A TIME



“

Clear and direct.
Dr. Cantrell is very
detailed. I wished it
was longer.

”

“

Dr. Cantrell has a
way of teaching that
makes it fun and easy
to understand.

”

“

She leaves the
floor open for
discussion.

”

“

Enjoyable and
Informational.

”

“

Engaging.

”

“

Dr. Cantrell is
wonderful, we
always look
forward to having
her speak.

”

“

She is thorough
in her answers
and gives great
feedback.

”

“

Her presentation
was outstanding
and interactive.

”

“

She is very
knowledgeable
and makes it
interesting.

”

* Survey responses from participants in wellness seminars held nationwide across businesses, schools, and city governments.

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