

# DR. JAMIE HARDY

SPEAKER | TRAINER | AUTHOR  
CONSULTANT



**DR. JAMIE HARDY**  
THE LIFESTYLE PHARMACIST®



## **DR. JAMIE HARDY**

### **PRINCIPAL CONSULTANT & LEAD TRAINER**

I'm a pharmacist, speaker, and author best known as The Lifestyle Pharmacist®. For over 20 years, I've served as a trusted healthcare resource for patients and families. I now leverage the power of social media and digital platforms to make an even larger impact beyond the hospital walls.

I'm highly sought after by corporations, professional associations, and media outlets to provide a fresh perspective on stress management, clean eating, and personal wellbeing. As speaker and consultant, I deliver high energy and life transforming experiences using my proprietary frameworks.

As a coach, I help female executives, leaders, and founders to sleep better, stress less, and lose weight in 90 days through customizable coaching solutions.

# I'VE BEEN TRUSTED BY THESE BRANDS AND COMPANIES



# I'VE BEEN FEATURED IN THESE MEDIA AND PRESS OUTLETS





# DR. JAMIE HARDY

THE LIFESTYLE PHARMACIST®

## CLIENT TESTIMONIALS

**“Dr. Jamie is smart, humble, and compassionate. Our team loved her!”**

**~ Shelby County Government**

**“I learned how to live a FAB life even with my busy schedule. This workshop was so much fun that I didn’t want it to end.”**

**~ A. Faulkner, School District Employee**

**“Dr. Jamie is down to earth, approachable, and professional. She speaks in terms that are familiar and easy to understand even when talking about complex topics.”**

**~ Cigna Client Management**

**“This session on stress management and setting boundaries was informative and uplifting. I left our staff retreat inspired and ready to put what I learned into practice.”**

**~ M. Franklin, Non Profit Manager**

**“It was such a pleasure collaborating with you. You were so attentive to details and the deliverables exceeded our expectations.”**

**~ S. Greer, Content Manager**

**“Dr. Jamie is attentive to detail and delivers timely and high quality content.”**

**~ R. Anderson, Employee Success Manager**





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## FEATURED MEDIA

TV Wellness Segment: Bluff City Life

TV Food Segment: Live at 9

Guest Blog: Blavity

Podcast Interview: Pharmacy Podcast Network

Blog Contributor: The Lifestyle Pharmacist Blog





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## OUR SERVICES

### CONSULTING

- Lifestyle Accelerator (for Executives)
- Workplace Wellbeing Audit and Action Planning
- Learning Portal Subscription

### DIGITAL RESOURCES

- Newsletters
- Digital Courses

### RETREAT

- 1/2 Day
- Full Day

### SPEAKING

- Fireside Chat
- Keynote Address
- Panel Discussion
- Panel Moderation

### WORKSHOPS

- Standard Workshop
- Workshop Series





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## SIGNATURE TOPICS

### SIGNATURE WELL-BEING TOPICS

- Be The Boss Of Your Body
- Don't Let Stress Make You A Mess
- Remove The Mask- Your Mental Health Matters
- Health- Your Biggest Asset
- Taking Off the Burnout Badge
- The Blueprint For A Fulfilled Life
- Eat Like Your Life Depends On It



### SIGNATURE LEADERSHIP TOPICS

- The Power of Influence
- The Leader Within You
- Keep The Title & Your Authenticity
- Setting Goals and Boundaries Too
- Don't Quit Your Daydream



### SIGNATURE HEALTHCARE TOPICS

- Things Your Pharmacist Wishes You Knew
- Navigating the Healthcare Maze
- Surviving Your Hospital Stay
- Partner Up: Your Provider Needs You
- Making A List And Checking It Twice
- More Meds More Problems: Exploring Safe Medication Use



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## LET'S WORK TOGETHER!

### QUESTIONS & NEXT STEPS

- Let us curate interactive and engaging learning experiences for your event or team
- Schedule a call with a member of our team to discuss your specific needs
- Book your meeting via our [calendar link](#) or at [www.calendly.com/drjamiehardy](http://www.calendly.com/drjamiehardy)
- If you don't see a meeting date that fits your schedule, email Dr. Jamie at [DrJamie@DrJamieHardy.com](mailto:DrJamie@DrJamieHardy.com)

