



# Dr. Maiysha Clairborne



Physician, Coach, Author,  
Speaker, Media Expert



"Dr. Clairborne is very professional, relatable, and engaging in the delivery of her content. Her knowledge and expertise is evident."





Dr. Maiysha MD  
STRESS FREE MOM MD

## Highlights

- \*Board Certified Family Physician & Leading Integrative Medicine Doctor
- \*Founder & Former CEO of MBS Wellness Center
- \*Founder/CEO of Stress Free Mom MD
- \*Physician Business & Entrepreneurship Coach
- \*Leading Expert in Holistic Wellness, Burnout, & Physician Entrepreneurship

Dr. Maiysha Clairborne, MD aka “Dr. Maiysha” is amongst the country’s most well-respected integrative medicine physicians. A thought leader, she travels worldwide speaking on topics of burnout, wellness, and entrepreneurship to her patients and peers. She has been published in several national publications and is frequently called upon by local and national media to give a fresh perspective on health & wellness trends.

Dr. Clairborne is a practicing integrative medicine physician, and the Founder of Stress Free Mom MD where she provides coaching & training for women physicians helping them to find the rhythm between work and family life. She is also the Founder of The Women Physician Entrepreneur’s Institute which empowers women physicians to create their ideal career, practice on their own terms, and live a life they design.

A few words come to mind when describing Dr. Maiysha – Award Winning Doctor, Accomplished Blogger, National Speaker, Business & Entrepreneurship Coach, Physician Burnout Expert, Proud Mom, and go-to Media Expert on holistic wellness, work life balance, and physician burnout & entrepreneurship. But those who’ve have seen her LIVE can usually describe her in one word – MAGNETIC. Dr. Maiysha’s practical medical knowledge, infused with her charm, humor, and down to earth nature – make her a highly sought-after media personality.





## AS SEEN ON:

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Dr. Maliysha Clairborne, MD  
WELLNESS AUTHOR

Sacramento  
& Co.

## SEGMENT, STORY IDEAS & AREAS OF INTEREST

### Doctor Topics

Physician Burnout – What Can The Hospitals Can Do To Help

Physician Suicide: An Emerging Epidemic

Why Doctors Are Leaving Medicine (And Where They Go)...

Doctors Pursuing Alternative Careers: 7 Options to Consider

Physician Entrepreneurship - Why Doctors NEED a side gig

Do Doctors Need an MBA to Run A Successful Practice? No!

### Professional Moms & Parenting

Tips for Professional Moms Find Their Work & Life Groove

Mom-Preneur – Mom Business Owners Redefining Success

Moms Finding Balance: Why “I’m Every Woman” is Dead

5 Creative Ways To Get Toddler to Eat Their Veggies

30 minute kid approved recipes for the professional mom

5 Conversations that Empower EQ in early childhood

Ending Bedtime Wars w/Toddler: 5 Bedtime Tips for Parents

5 Fun Ways to Empower Self Confidence in Your Child Early

5 Mood lifting foods you likely already have in your kitchen

