

THE HARMONIZED HEALER PROGRAM

ABOUT DR. JOANNE SOTELO

Dr. Joanne Sotelo is a board-certified psychiatrist with over 20 years of experience, a mindset and high-performance coach, and the creator of *The Harmonized Healer*.

She combines:

- Clinical psychiatry (brain, behavior, nervous system regulation)
- Evidence-based coaching (identity, beliefs, behavior change)
- Real-life experience as a physician

She works specifically with women in medicine because she understands firsthand:

- The pressure and responsibility
- The emotional weight of patient care
- The unspoken expectations to “hold it all together”

Her work bridges science and real life, translating complex mental health concepts into practical, applicable tools.

WHO THIS IS FOR

Women physicians who:

- Look successful externally but feel depleted internally
- Are mentally and emotionally exhausted
- Feel overwhelmed but continue to push through
- Struggle to disconnect from work
- Experience guilt when resting or setting boundaries
- Feel disconnected from themselves outside of medicine

They are high-functioning, capable, and committed, but operating in a way that is not sustainable long term.

THE CORE PROBLEM

This is not just burnout, it is a pattern of chronic overextension without recovery.

Common experiences:

- Persistent mental and emotional fatigue
- Chronic nervous system activation (always “on”)
- Identity disconnection outside of the physician role
- Emotional exhaustion from constant giving
- Perfectionism and internal pressure
- Guilt tied to rest or saying no
- Lack of space to process the impact of their work

Many physicians normalize this experience, assuming it is simply part of the profession.

BURNOUT PREVENTION & MIND FITNESS

This program is designed not only to address current exhaustion, but to prevent future burnout.

It introduces the concept of **mind fitness**, which focuses on building the capacity to:

- Recognize internal states (thoughts, emotions, stress responses)
- Regulate the nervous system in real time
- Reframe unhelpful thinking patterns
- Shift behavioral responses intentionally
- Create sustainable rhythms of work and recovery

Core mind fitness tools include:

- Awareness and cognitive restructuring (CBT-based)
- Emotional regulation strategies
- Nervous system regulation practices
- Boundary-setting frameworks
- Energy and capacity audits
- Identity-based decision making

The goal is not temporary relief—it is building a sustainable way of functioning in medicine and life.

WHAT THEY'VE ALREADY TRIED (AND WHY IT FALLS SHORT)

- Time management strategies
- Productivity systems
- Taking time off or vacations
- Basic self-care practices
- Continuing to push through

These approaches often fail because they do not address:

- Nervous system dysregulation
- Identity and belief patterns
- Emotional processing
- Behavioral conditioning

ABOUT THE PROGRAM

THE HARMONIZED HEALER

A 12-week group coaching program designed specifically for women physicians.

Includes:

- Weekly live coaching calls
- Small, intimate groups
- Individualized coaching and hot seat coaching
- Structured frameworks and tools
- Worksheets and guided exercises
- Guest expert sessions
- On-demand educational content

Includes 10 Category 1 CME credits

12-SESSION PROGRAM OVERVIEW

Session 1: Awareness & Self-Assessment

- Identifying current stress patterns, energy levels, and areas of imbalance
- Establishing a baseline for change

Session 2: Understanding Burnout & Nervous System Function

- Education on burnout, stress physiology, and nervous system states

- Recognizing personal stress responses

Session 3: Thought Patterns & Cognitive Restructuring

- Identifying unhelpful thinking patterns
- Learning tools to reframe thoughts (CBT-based)

Session 4: Emotional Awareness & Regulation

- Increasing emotional literacy
- Tools to process and regulate emotions effectively

Session 5: Identity & Role Integration

- Exploring identity beyond the physician role
- Aligning personal and professional self

Session 6: Boundaries That Hold

- Practical boundary-setting strategies
- Reducing guilt and increasing follow-through

Session 7: Energy Management & Capacity

- Understanding energy vs. time
- Conducting energy audits and making adjustments

Session 8: Values & Decision-Making

- Clarifying personal values
- Making aligned decisions with more clarity

Session 9: Time & Priority Alignment

- Structuring time based on priorities and capacity
- Reducing overcommitment

Session 10: Behavioral Change & Habit Formation

- Building sustainable habits
- Understanding behavior loops and reinforcement

Session 11: Relationships, Support & Communication

- Improving communication
- Building supportive personal and professional relationships

Session 12: Integration & Future Planning

- Consolidating tools and insights
- Creating a sustainable plan moving forward

WHAT THEY WALK AWAY WITH

Participants develop the ability to:

- Regulate stress and emotional responses more effectively
- Maintain energy without constant depletion
- Set and maintain boundaries
- Make decisions with clarity and confidence
- Feel more connected to themselves outside of work
- Function in a more sustainable and aligned way

HOW THIS PROGRAM IS DIFFERENT

Most programs:

- Focus on productivity or surface-level strategies
- Are not tailored to physicians
- Do not address emotional and nervous system load

This program:

- Is designed specifically for women physicians
- Integrates psychiatry and coaching
- Focuses on root causes, not just symptoms
- Combines education with real-time application
- Emphasizes long-term sustainability and burnout prevention

WHY DR. SOTELO

- 20+ years as a psychiatrist
- Expertise in mental health, behavior, and nervous system regulation
- Certified coach with structured frameworks
- Lived experience in medicine
- Bilingual (English/Spanish)
- Featured in USA Today
- Podcast ranked in top 5% globally

CORE MESSAGE THEMES FOR CONTENT

- Success on paper does not equal fulfillment in life
- High-functioning exhaustion is common but not sustainable
- The issue is not lack of discipline, it is lack of recovery and regulation
- Physicians are trained to care for others, not necessarily themselves
- Sustainable performance requires mental and emotional fitness

BOTTOM LINE

This program is designed to help women physicians:

- Prevent and recover from burnout
- Build mental and emotional resilience
- Develop sustainable ways of working and living
- Reconnect with a sense of clarity, control, and fulfillment