



Dr. Ericka

SPEAKER'S KIT

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ABOUT Dr. Ericka

Dr. Ericka Goodwin is a board-certified child, adolescent, and adult psychiatrist, as well as a bestselling author, speaker, and integrative lifestyle coach. She is passionate about improving mental wellness, making people feel loved, cared for, and seen. Along with serving as the president of Global Health Psychiatry, LLC, and working as a traveling psychiatrist, Dr. Ericka also mentors and volunteers as faculty at Morehouse School of Medicine.

MY STORY...

My life started off as a fairytale. I was born to doting parents and was a certified daddy's girl. Graduating from medical school was the culmination of a life-long dream coming true. I was checking all of the boxes and making my parents proud, so I had no idea a curve ball was coming. I, like a lot of women, was taught that you go to school, get an education, be a good girl, and the husband, kids, and great job will come. I not only found myself without even a boyfriend, let alone a husband, childless, but I also ended up in a job that I was not only overworked but was not always getting paid. My morning ritual became curling up in a ball in the shower and crying before going to work every day because I was exhausted and drained before my day even began. I wondered how could I seemingly do everything right, but still end up in such a soul sucking situation where my dreams felt twisted and so far away. This inspired me to discover my passion for no one else to have to feel the agony of feeling powerless and suffocated. That is why I have embraced my gifts and skills for understanding human behavior as a psychiatrist to transition into integrative life coaching to creatively

SIGNATURE TOPICS

Colleges and Universities

Keys to happiness while in school

Working toward your dream future

Remembering you are special: building self esteem

Loneliness: finding connections when away from home

Conferences

Find your happy!

Practical steps to reaching your dreams

You are enough: strategies from a recovering perfectionist!

Loneliness: A State of Mind

Corporations

Increasing your happy to increase your productivity

Reaching your goals!

You are enough: fighting imposter syndrome to maximize your confidence!

Boundaries: increasing productivity and the quality of work interactions

Churches

Feeding your spirit

Making your dreams a reality

You are enough: Making your spirit feel full!

Loneliness: shifting to connection by using your spirit





Ditch the Fairytale & Embrace Your Real Life
Single Is Not a Bad Word
Bodyguard: Protecting Your Energy & Sanity

HIGHLIGHTS

- Board-certified Child, Adolescent, and Adult Psychiatrist
- Distinguished Fellow of the American Psychiatric Association
- CEO of Goodwin Wellness Enterprises, LLC
- President of Global Health Psychiatry, LLC
- Traveling Physician
- Integrative Lifestyle Coach
- Author of Fix Your Fairytale: A Woman's Guide to a Great Life, Love, and Legacy
- Co-Author of Mind Matters: A Guide to Psychiatry for Black Communities
- Co-Author of How Amari Learned To Love School Again: A Story About



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