



SB★NATION



C-SPAN

THE HUFFINGTON POST



The Birmingham News



Dr. Kate

HENDRICKS THOMAS

SPEAKER | AUTHOR | PROFESSOR



“Kate Hendricks Thomas has a rare gift of being able to blend poignant narratives (her own and those of other veterans close to her) with scholarly research in a way that brings both the narratives and science to life. She offers a wise, compassionate, and generous voice to the complexities of transitioning home from combat, warrior culture, neurobiology, stigma, balance, and faith.”

Charles Hoge

Author, *Once a Warrior Always a Warrior*

Dr. Kate

Hendricks Thomas



Book Dr. Kate Hendricks Thomas to speak at your next event:
www.drkatethomas.com | 843.863.7247

Kate Hendricks Thomas, Ph.D. is a professor of Public Health, a speaker, and a writer. A dynamic presenter and educator, Kate's talks are tailored for the client and focus on merging engaging stories with hard science.

Dr. Thomas, also a U.S. Marine Corps veteran, helps businesses and military veterans optimize their performance through resilient leadership training. Kate has shared her work on TEDx stages, in yoga studios and fitness spaces, at research conferences, and at corporate gatherings.

Among other places, her blogging and writing can be found in *Huff Post*, *The Washington Post* and in her books - She is the author of *Brave, Strong, True* and *Bulletproofing the Psyche*. Her behavioral health research, published in journals like *Best Practices in Mental Health*, the *Journal of Environmental Psychology*, and *Military Behavioral Health*, has been praised as "masterful" and "constructive."

Topics Include:

- ★ Social Health
- ★ Military Veterans
- ★ Training for Mental Fitness
- ★ Leadership
- ★ Resilience and Balanced Living
- ★ Fitness & Mindful Wellness

Audiences:

- ★ Corporate
- ★ Public health and social work professionals
- ★ Colleges
- ★ Military units and veteran groups

