

# Eileen T. O'Grady PhD, RN, NP

## Certified Nurse Practitioner and Wellness Coach

*Eileen O'Grady Wellness Coaching and Professional Speaking, LLC*

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Dr. Eileen O'Grady has practiced primary care for over twenty years. In that role, she saw how lifestyles which do not support wellness can cause endless suffering and limit a person in every way. She finds that people often feel they have little capacity to change their course. Dr. O'Grady now practices wellness coaching with a variety of clients who want to make sustained lifestyle changes so that they do not host chronic illness (or mitigate their effects) or live a more satisfying life. She believes deeply that skills can be learned to interact with our environments in a far more intentional and healthier way. She has a busy public speaking calendar, keynotes meetings and conducts workshops on a range of topics. A small sample of clients who she has spoken to include:

- Case Design Inc.
- American Society for Association Executives
- Temple Rodef Shalom (Falls Church VA)
- National Nursing meetings across the US and Canada
- Florida Taxwatch Center for Health and Aging
- Reston Hospital Center (Virginia)
- George Washington University (Washington DC)
- Holy Cross Hospital (Silver Spring, MD)
- The Women's Center (Vienna Virginia)
- Marymount University (Arlington, VA)
- Pace University (New York City)

### **Topics that Dr. O'Grady can speak about include *but are not limited to:***

- Best Practices on Managing Stress
- Having Difficult Conversations
- Recognizing Burnout/Combating Compassion Fatigue
- Coaching People Toward Success: Creating more Meaningful Interactions with Patients
- Positive Psychology and the Habits of Happiness
- Creating a Balanced Life
- The Remedy for Exhaustion: Recommitting to Our Life's Purpose
- The Science and Strategies for Effective Weight Loss
- End Emotional Eating
- Creating a Healthy Inner Life
- Ten things you must do to Avoid Chronic Illness
- Emotional Self Management: Creating a Healthy Inner Life
- Developing Grit and Resilience
- Including Yourself in Your Day
- Learning to say "NO" and When to say "Yes"
- Best Practices on Anger and Frustration
- Dealing with Difficult People: The Evidence Base
- Overwhelm: 10 Strategies to Combat It