

Eileen T. O’Grady Ph.D., RN, NP

Dr. Eileen O’Grady is certified Nurse Practitioner and Wellness Coach who uses an evidence-based approach with people to reverse or entirely prevent disease. She believes deeply that more attention must be paid to getting us unstuck from lifestyles that do not support wellness.

She is an expert on intentional change in adults, emphasizing the importance of extreme self-care and how to identify and remedy a life that is out of balance. She is the founder of *The School of Wellness*, devoted to cultivating wisdom and the practice of extreme self-care/self-leadership in McLean, Virginia.

She is currently an adjunct faculty in the Graduate Schools of Nursing at Pace University, Georgetown University, Duke University, and The George Washington University, where she was given ‘Outstanding Teacher’ Award.

She has held a number of leadership positions with professional nursing associations, most notably as a founder and vice chair of the American Association of Nurse Practitioners. She was a 1999 Policy Fellow in the U.S. Public Health Service Primary Care Policy Fellowship and in 2013 was given the American College of Nurse Practitioners ‘Legislative Advocacy Award’ for her leadership on nurse practitioner policy issues. In 2014, she was the recipient of the ‘Loretta Ford Lifetime Achievement Award’ and the Virginal Council of Nurse Practitioners ‘Advocate of the Year Award’.

Dr. O’Grady has practiced as a primary care provider for 15 years and has clinical expertise in sports medicine. She has authored numerous articles and chapters on primary care, orthopedics, and health policy. She is currently editor and author of two important textbooks (Elsevier), *Advanced Practice Nursing: An Integrative Approach* (6th ed) [2018] and *Policy and Politics in Nursing and Health Care* (American Journal of Nursing, Book of the Year, 2015). She has taught nurses and physicians around the United States as well as around the world with the U.S. Peace Corps.

Dr. O’Grady holds three graduate degrees, a Master of Public Health from George Washington University, a Master of Science in Nursing and a Doctor of Philosophy in Nursing/Health Policy from George Mason University. She is an International Coaching Federation-Certified Life coach and holds a PCC. She has dual citizenship in Ireland and the United States.