

Claire Wheeler

Instructor at Portland State University

Portland, OR, US

Experienced, energetic speaker who builds organizational success through the well-being of its members

Availability

Keynote, Moderator, Panelist, Workshop, Author Appearance, Corporate Training

Industry Expertise

Fitness, Alternative Medicine, Education/Learning, Program Development, Health and Wellness, Mental Health Care

Areas of Expertise

Stress Management, Optimal Performance, Weight Management

Affiliations

Portland State University, Center for Mind-Body Medicine, Oregon Masters of Public Health, Oregon Health and Sciences University

Sample Talks

Stress Isn't What Happens to You...

Stress is everywhere, and most of us can name a bunch of things that we're stressed about. In this presentation, I'll show your audience that, while life is always challenging and even very difficult sometimes, stressing out is optional.

Education

University of Michigan

Ph.D. Psychology

University of California Berkeley

AB Physiology

Loyola University Stritch School of Medicine

MD Medicine

Accomplishments

Outstanding Teacher of the Year Award

Awarded by Portland State University's College of Urban and Public Affairs, based on student nominations and voting

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