

### **Dr. Deborah Gilboa**

We have been told to “avoid stress” so much that experiencing stress feels like its own failure. Resilience expert, Deborah Gilboa, MD, aka “Dr. G” works with families, organizations, and businesses to identify the mindset and strategies to turn stress to an advantage. Renowned for her contagious humor, Dr. G inspires audiences with her illuminating stories and provides no-nonsense prescriptions for character development. She works with groups across multiple generations, to rewire their attitudes and beliefs toward a common objective and create resilience through personal accountability and a completely different approach to adversity.



Dr. G is a leading media personality seen regularly on *TODAY*, *Good Morning America* and is the Resilience Expert for *The Doctors*. She is also featured frequently in the *Washington Post*, *The New York Times*, *Huffington Post*, and countless other digital and print outlets. Dr. G is board certified attending family physician and is fluent in American Sign Language. In addition to being a graduate of University of Pittsburgh’s School of Medicine (where she is also a professor) and Carnegie Mellon University, she is an alumna of Chicago’s Second City Improv Theater. Her diverse background and experiences add to her credibility and lively storytelling.

Dr. G resides in Pittsburgh with her four boys.

For more information: [www.askdoctorg.com](http://www.askdoctorg.com)

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