

# TRUPTI GOKANI, MD

## Why Hire Dr. Gokani to Speak?



Dr Gokani has been a highly sought after speaker for larger audiences such as corporations, health care institutions and hospitals, universities, networking organizations, pharmaceutical companies and law firms, in addition to smaller, more intimate venues such as retreat centers, yoga studios and smaller group events. She would be happy to customize any of her programs to meet the needs of your organization.

Trupti Gokani, MD, is an award-winning, board-certified neurologist, speaker and coach, who is best known for her innovative and integrative approach to treating pain and mood disorders. Her unique melding of modern medicine and ancient wisdom has enabled her to establish a thriving private practice along the Chicago's North Shore. When not seeing patients or coaching, Dr. Gokani dedicates her time and significant insights speaking to the wider community. She helps them understand how to feel optimal, through a deeper appreciation of the mind-body connection. Her passion is helping others balance stress and digestion, linking this to the mind and presentation of disease. Dr. Gokani has been a repeat guest on the Dr. Oz show, is a blogger for Huffington Post, and author of the book, *The Mysterious Mind: How to Use Ancient Wisdom and Modern Science to Heal Your Headaches and Reclaim Your Health*. She is also part of an upcoming documentary on Ayurveda. She serves as Spokesperson and Chief Medical Advisor for Ancient HealthCare, LLC and Educational Director for Brow Tine consulting.

"Life is a journey, not a race to the finish line. The goal is to expect obstacles in your path, unravel the message, and grow from the experience. In the end, you will be stronger and wiser. As often as possible, smile and enjoy the process."

-Trupti Gokani, MD



BOOKING INFORMATION:

Phone: 224-521-1212

Email: [gokani@optimalmindcoaching.com](mailto:gokani@optimalmindcoaching.com)

On the web: [www.truptigokani.com](http://www.truptigokani.com)

# FOR HEALTH AND WELLNESS AUDIENCE

## From Crazy To Calm: Creating a Strong, Balanced Mind In a World of Stimulation

Do you often feel stressed? Is it possible to have a mind that is strong, harmonious and balanced? How about having a mind that works for us, rather than against us? With our advancing lifestyles that allow us to be continuously connected with each other, fascinated with new and evolving trends, exposed to far more than we ever have been, is it possible to find calm? Too many of us believe that we need to be stressed in order to be productive. This is simply untrue.

In a dynamic and interactive fashion, Dr. Gokani brings over 15 years of experience utilizing principles of ancient wisdom such as diet, lifestyle, mindfulness, breath work, yoga and supplements to connect her audience to their unique mind-body (dosha) type. The audience then will be taken into the world of modern medicine and how western approaches are utilized in addition to the eastern philosophy. This seminar is one of the most popular seminars due to the practical concepts and solutions offered to each participant and how to create a calmer, less stressed mind by connecting with our own, authentic nature.



“Pain, whether physical or emotional, is not to be feared or avoided. Pain is simply a message that you are not living in balance. Resolving pain involves getting reconnected with yourself and your purpose. You simply need the right tools to accomplish this task and, thus, resolve the pain.”

- Trupti Gokani, MD



“Whenever adversity occurs, ask yourself why this is happening. It is always an opportunity for growth. The answer lies within that thought.”

-Trupti Gokani, MD



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# UNDERSTANDING THE PURPOSE OF PAIN: WHAT ANCIENT MEDICINE TEACHES US ABOUT PAIN AND HOW TO RESOLVE IT

Does pain have a purpose, if so, what is it? In the US, why are there 36 million who suffer with migraine headaches and 100 million who suffer with pain?

After spending decades researching migraine and other pain disorders, Dr. Gokani has developed a far more expansive understanding of why humans suffer with pain. This presentation will explore eastern principles of how pain presents and why one is afflicted with pain. An eye-opening revelation of why one suffers with pain will be explored and each participant will be encouraged to delve into why suffering occurs and what the true meaning is based on ancient science. Focusing on the mind and digestion, along with stress, will allow participants to fully appreciate how their entire system can be involved with the production of pain signals.

## THE 7 KEY PRINCIPLES TO CREATING AN OPTIMAL MIND

Is it possible to change your brain? Do you often feel nervous, anxious, irritable and wonder why? Why does it seem that you always get sick or have many stressors when others seem to be calmer and balanced in their lives? What is it that triggers you and how can you alter how you perceive stress? Most office visits are due to stress-related conditions. This is a sad fact, but we can reverse this with knowledge about our stress and how we can better understand, thus manage it.

In this presentation, Dr. Gokani will explore the meaning of stress and how we can better understand what creates stress for us. She will then go through seven key principles that she has used in her practice with phenomenal results.

Using her Unique strategy, she has been able to transform thousands of lives for the better by getting patients/clients more connected to themselves, their lives, and their purpose. By doing this, they are able to live in alignment with their authentic nature and create a strong, optimal mind. Learn her secrets of success.

## FOR CORPORATE/SALES

### THE GOOD AND BAD SIDE OF STRESS: HOW STRESS CAN WORK FOR AND AGAINST US

Stress is the number one killer in the US. Most of us do not realize our burden of stress as we strive to answer all of our emails, attend to important deadlines, respond to urgent messages and still squeeze in time for family and friends. At the end of the day, we ask ourselves, what are we doing that is working for us and what is working against us? After speaking to large corporations and coaching patients and clients for many years, Dr. Gokani has found a solution that helps the many who seek her advice have answers to these very difficult questions. She will take you through a journey of how stress impacts our mind in terms of clarity of thinking, decision making, efficiency of our tasks and whether we are actively, unknowingly, doing things to create outcomes that are not desired. She will share her powerful system which will allow you to connect with your nature and systematically create a program that will give you optimal results. You will learn how to better recognize and understand stress, and thus work in the most productive, efficient fashion to create outcomes you and your company desire.



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# HOW UNDERSTANDING YOUR AUTHENTIC SELF EMPOWERS YOU TO SUCCEED

Do you know who you really are? Have you ever wondered how your own unique qualities can attract certain positions in your organization but felt that you do not fully realize what your potential is? Or do you have certain skills and believe that others do not recognize them? Are you in charge of large groups within your organization and find it challenging to understand why the team does not connect or follow your management? Or do you work within a system that seems to not be fully aligned with your needs? If you or those in your organization answered yes to any of these questions, this seminar would be very beneficial for your company.

Dr. Gokani has had the opportunity to work with many individuals at different levels. From seeing patients and coaching clients, to being invited to consultant meetings to provide insight on how to launch products, position them in the marketplace and connect with providers, Dr. Gokani's uncanny ability to understand the needs not only of her patients, but providers and corporations, has led her to be chosen as the key speaker and faculty expert for many pharmaceutical industries. She has run national sales training programs, trained speakers on how to present their message, along with connected with clinicians to help them see how to better practice and connect with their patients. The key to her success is understanding how each individual operates. Using an ancient system of medicine, combined with modern wisdom, she has created a system to help each individual understand themselves better and thus better connect with their teams, clients and the wider audience to better sell their service and products. In the end, this allows a better delivery of the message and ability to shift the messages and advance knowledge.

**DR. GOKANI ALSO OFFERS PROVIDER TRAINING AND COACHING TO DELIVER MORE EFFECTIVE OUTCOMES. PLEASE CONTACT HER DIRECTLY BY EMAIL TO DISCUSS THESE PROGRAMS.**



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