



Dr. Angela  
Downey

Media Physician, Author  
& Podcast Host

## TOPICS FOR KEYNOTES

Dr. Angelle Downey is a family physician, author of *Enough As I Am*, and host of two podcasts: *Codependent Doctor* and *Paging Dr. Mom*. Through her work, she promotes self-compassion over perfection and fosters honest conversations about what it truly means to be healthy and human.

- ✓ Women Empowerment
- ✓ Overcoming burnout
- ✓ Managing Anxiety and Stress
- ✓ Being Your Authentic Self
- ✓ Psychological Safety
- ✓ Emotional Intelligence

## AS SEEN IN

Woman's World **Parade** DailyMail.com TIME

 **169**  
Podcast Countries

 **13K**  
podcast downloads

 **<1K**  
email subscribers



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# SERVICES

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interviews

Quotes & tips in press releases

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Social Media Engagement

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Podcast style interviews to promote  
your company

Talent at events and trade shows



Please feel free to reach  
out for any questions.

## WHAT I'VE CREATED

### Podcasts

Codependent Doctor

Paging Dr. Mom

### Books

Enough As I Grow

Enough As I Am

*Get in Touch!*



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[www.thecodependentdoctor.com](http://www.thecodependentdoctor.com)