



Dr. Lindsay Bira is a clinical psychologist, adjunct medical professor at UT Health, and Forbes speaker who specializes in wellbeing and performance. In 2018, her research on student wellbeing was published by Nature (the world's most sought-after research publication) and featured by Science Magazine. Academically, Dr. Bira spent years as a psychologist treating PTSD, trauma, and stress in all ranks of the military. She transitioned into the private sector, translating this knowledge of the nervous system and human experience to promote overall resiliency in high-performing professionals. She received her Ph.D. at the University of Miami and completed her residency at Harvard Medical School and Boston University School of medicine before completing an additional clinical research fellowship in trauma psychology. Dr. Bira's work has been featured on NPR, Women's Health Magazine, Headspace, and more. She is based in Miami and San Antonio and enjoys helping others maximize the human experience.