

Dr. Molly

— THE PARENTING EXPERT

MEDIA KIT 2021

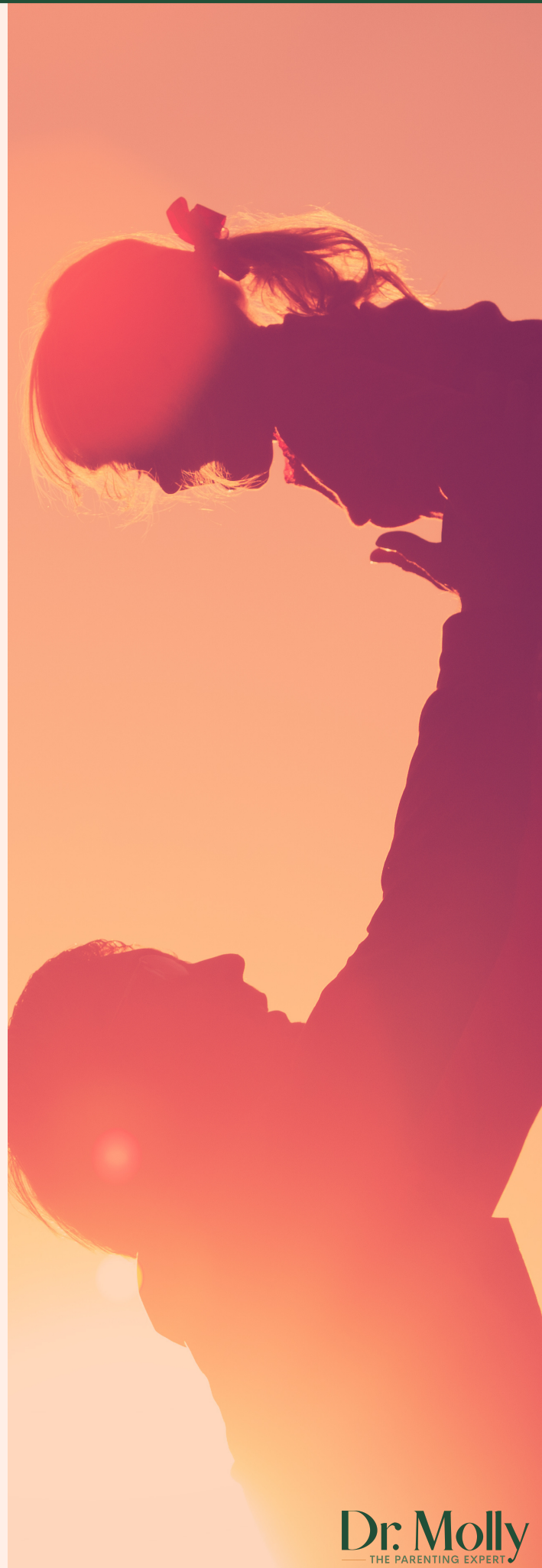


Meet Molly O'Shea, MD

Hey There! I'm Dr. Molly, a 30+ year practicing pediatrician who has cared for hundreds of families and their children from birth through college. In addition to owning my own practice, I've edited for award-winning print, media, and medical journals, and spoken locally and nationally on a variety of topics, both medical and parenting-related.

I'm passionate about helping parents raise confident, independent, and empathetic kids at an anxious age and giving real, raw advice to help parents be less perfect, more HONEST.

My greatest joy? Seeing parents reach their 'AHA' moment, which changes the way they see their children and parent differently.



Offerings

- Speaking Engagements
- Coaching
- Article/ Media Interviews
- Corporate Partnerships
- Writing

Talk Topics

- Burnout, Stress, and Parenting: Finding Balance and Calm
- Burnout Strategies When You Can't Quit
- Raising Resilient Kids When You're Feeling Stressed or Burned Out
- Being a Better Manager During Stressful Times
- Covid, Kids, and Vaccines: Q & A With Dr Molly
- Raising Confident Kids in an Anxious Age
- Shut Up: Why Giving Advice and Answers is Ruining Our Children
- Working from Home with Kids: Make It Work for YOU
- Untethered Parenting: How to Stop Monitoring and Encourage Confidence
- How to Get Your Teen to Talk to You
- Parents in the Workplace: How to Offer Support While Getting Results
- Talking to Kids About Sex
- Porn and your Tween/Teen: What to Say and What to Do
- The Magic of Going It Alone: How to Raise Confident, Resilient Kids
- Surviving Suicide: A Mother's Perspective
- Being a Leader is Different Than Being a Manager. How to be both.
- Parenting with Purpose Not Perfection
- Why Dads and Moms parent differently - and How to Support Each Other

Media Mentions



The Detroit News



IN MY 30 YEARS OF PRACTICE,
I'VE HEARD IT ALL.

Through interviews, print, and digital content, I share my expertise as a medical professional and mother of four to promote parental confidence, dispel myths, and encourage joy in every stage of parenting.

Recent Events

Keynote Speaker

- ENDING PHYSICIAN BURNOUT GLOBAL SUMMIT
WITH ARIANNA HUFFINGTON
& THE CMO OF THE CALM APP

Speaker

- RAISING RESILIENT KIDS IN TROUBLED TIMES



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