



About Carol Scott

An Emergency Physician & Health Educator trained at Johns Hopkins, Carol Jack Scott, M.D. has been thriving in stressful environment of the Emergency Room for more than a decade. Through caring for 'stressed out' patients & families in the ER, original research, personal health experiences, and being a wife & mother of two sons, Dr. Scott has developed a keen understanding of stress.

Her company is StressReliefcoach.com. Individuals who experience a Stress Relief Coach event; keynote, workshop or retreat not only 'get it'—they 'do it!' As described in a recent *Fast Company* profile, participants leave a room with knowledge, specific strategies, & motivation to live with less stress and improved health. Stress is inevitable—being 'stressed-out' is not!

Dr. Scott's unique approach is based on an original, alternative and powerful way to think about stress—the *BestStress Zone*. (BSZ) The concept of the BSZ recognizes the complexity of life experiences coupled with power of embracing our purpose, priorities& passions; and related challenges or demands. In the BSZ you achieve joy, clarity, control, and commitment in day to day living.

As a speaker she has been acclaimed for a unique ability to blend expertise in medicine with an authentic inspiring style. In addition to a one-on-one executive coaching practice, she regularly customizes presentations for corporations and organizations. Clients include; IBM, Discovery Communications, Price WaterHouseCoopers, Working Mother 100 Best Companies Work Life Congress, Texas Instruments, California Governors Conference for Women, Civil Service Employees Union NY (CSEA), Washington Business Group on Health, Motorola, Johnson & Johnson, and the Boston College Roundtable on Work-Life, Rutgers Senior Women's Leadership Program, Paul Hastings, and The Global Consulting Group. Recently, she designed a customized web based Stress Relief program delivered to over 5000 women of IBM. Dr. Scott also presents for Merrill Lynch University.

She has been cited or featured in the *Wall Street Journal*, *Fast Company* magazine, *WorkSpan*, *The Washington Post*, Open Source public radio, and most recently on CNN Airport TV, Accent Health TV, and the Lisa Birnbaum Radio Program.

Dr. Scott trained in internal medicine at Duke University, Emergency Medicine at Johns Hopkins University and earned a Masters in Education also from Johns Hopkins University. She is board certified in both emergency medicine and internal medicine. She is formerly an Assistant Professor at Johns Hopkins Department of Emergency Medicine.

Her upcoming book; *Discover Your BestStress Zone: a Health and Wellness Guide for Women*, John Wiley and Sons Publishers and will be released in 2007.

Dr. Scott can be reached at info@thestressreliefcoach.com