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Dr. Nicole Eull is a psychologist, speaker, consultant, coach and author. She has served in health care for over twenty years, from frontline practitioner to health care executive, and is a passionate advocate for the well-being of health care professionals. She teaches professionals to harness the pillars of interpersonal wellness to create mentally healthy workplaces. Her trainings are humorous and engaging with practical and effective takeaways. She is the author of *Well To Do: A Guide to Take Charge, Set Goals and Improve Your Health* and the founder of MySkillRx.com where she encourages physicians to “give a skill, not a pill.”