

## Licensed Marriage & Family Therapist Executive Coach | Speaker | Author Media & Corporate Consultant

Dr. George James, LMFT, counsels and coaches people on how to overcome everyday challenges that can interfere with success in business and love (romantic relationships and family). He works extensively with:

- Professional Athletes
- Entertainers
- Adult Men and Women
- Executives
- Couples
- Young Adult Men



### Signature Talks:

#### I Give Myself Permission™



I Give Myself Permission™ is my signature talk that will help uncover the multiple layers that keep us from giving ourselves permission, understand the burdens that weigh us down, provide tools to help each person start or continue practicing self care and lastly encourage each person to release any limits they have by giving themselves permission.

### Topics:

- Psychological Safety
- Mental Health/Wellness
- Support for Company ERGs
- Work & Life Integration
- Healthy Relationships


### Services:

- Executive Coaching
- Consulting
- Script & Project Review
- Content Development

Dr. James helps companies and organizations discuss challenging topics. He facilitates meaningful conversations, helps to change the culture, addresses burnout, improves emotional intelligence, and fosters environments to be psychologically safe. As a result, employees are more productive, leaders feel supported, and everyone is more aware of themselves and their impact on others.

### Contact Info

For booking information, contact [Assistant@GeorgeTalks.com](mailto:Assistant@GeorgeTalks.com)

  @GeorgeTalks  
 [GeorgeTalks.com](http://GeorgeTalks.com)

### Companies I've Worked With:

