

# ***Dr. Michele Kerulis***

Press Kit

Speaker  
Author  
Professor  
Counselor

## **ABOUT DR. KERULIS**

Dr. Michele Kerulis is an associate professor with the Family Institute at Northwestern University and specializes in general mental health, sport & exercise, and lifestyle & wellness. Her years of experience as an athlete, fitness professional, and therapist have created the foundation for her belief that the skills necessary to achieve success in sport and performance are the same skills necessary to achieve excellence in life.

## **FEATURED SPEAKING TOPICS**

Get in the Zone. On Demand™

Demystify Mental Health

Lifestyle & Wellness

Current Events

Confidence

Success, Failure, Transition



## **CONTACT**

[drmichelekerulis.com](http://drmichelekerulis.com)

[drmichele@drmichelekerulis.com](mailto:drmichele@drmichelekerulis.com)



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## INTERVIEW TOPICS

Sport, Exercise, & Fitness  
General Mental Health  
Lifestyle & Wellness  
Relationships  
Success



**American Counseling Association**  
Chair of the Midwest Region

**Association for Multicultural  
Counseling and Development**  
Midwest Region Representative

**Association For Applied Sport  
Psychology**  
Ethics Committee, Media in Sports  
SIG Coordinator

## EDUCATION

EdD Counselor Education &  
Supervision

MA Sport & Exercise Psychology

BS Psychology



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## **AWARDS**

**Outstanding Woman Award**  
Northern Illinois University

**Distinguished Service Award**  
Illinois Mental Health Counselors  
Association

**Past Presidents Award**  
Illinois Counseling Association



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