

Meet Joanne Sotelo, MD: Renowned Psychiatrist, Emotional Wellbeing Coach, Speaker for Women in Med, Bestselling Author

Empowering Women Physicians in Achieving Mental Well-being and Preventing Burnout



New York City, New York Jul 22, 2024 ([Issuewire.com](https://www.issuewire.com)) - In the realm of mental health as well as life and high-performance coaching, Dr. Joanne Sotelo stands out as a beacon of empowerment and support for women in medicine. Through her private practice, Joanne Sotelo, M.D. LLC has made it her

mission to guide women physicians towards overcoming challenges, facilitating harmony, preventing burnout, and ultimately living a joyful and fulfilling life. Her dedication to this cause has not gone unnoticed, as evidenced by her recognition as a Top Doc 2024 by Austin Monthly Magazine and her affiliation with Baylor Scott & White Clinic - Round Rock 425 University.

For Dr. Sotelo, coaching is not just a profession but a profound passion that allows her to raise awareness about mental health and prevent burnout, especially among her fellow female physicians. Reflecting on her journey, she expresses, *“Coaching has become a profound avenue through which I’ve pursued my passion for mental health awareness and prevention, particularly among female physicians. It’s not only been a gift to myself but also a means to promote health-seeking behaviors among my peers.”*

Dr. Sotelo’s impressive academic background includes a Medical Degree from the University of Puerto Rico School of Medicine in 2000, followed by a residency in psychiatry at Baylor College of Medicine from 2000 to 2004. As a Diplomate of the American Board of Psychiatry and Neurology, she is also actively involved in professional organizations such as the American Psychiatric Association, the Texas Society of Psychiatric Physicians, the Houston Psychiatric Society, and the American Medical Association.

Beyond her clinical practice, Dr. Sotelo is a multifaceted individual with a passion for personal development, showcased through her best-selling book. She finds joy in activities like cooking, and reading, and cherishes the time spent with her two teenage sons, emphasizing the importance of work-life balance and self-care.

In a world where mental health and well-being are paramount, Dr. Joanne Sotelo shines as a guiding light for women in medicine, offering them the tools and support needed to navigate the challenges of their profession while prioritizing their own mental and emotional wellness.

Learn More about Dr. Joanne Sotelo:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/1423726-Joanne-Sotelo-Psychiatrist> or through Baylor Scott & White Health, <https://www.bswhealth.com/physician/joanne-sotelo>

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Source : Joanne Sotelo, MD

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