

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

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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

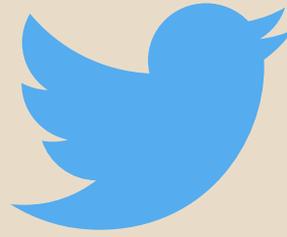
MA Sport & Exercise Psychology

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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