



# Eva Benmeleh, PhD

THOUGHT LEADER | CLINICAL PSYCHOLOGIST | AUTHOR | SPEAKER

Dr. Eva Benmeleh is the visionary behind a powerful ecosystem of transformation—where books, journals, programs, and speaking engagements converge to **guide leaders, parents, and creatives from perfectionism to embodiment.**

As a bilingual clinical psychologist and speaker, Eva translates deep emotional insight into actionable tools, delivering her message in both English and Spanish. Her multicultural perspective and psychological depth make her a sought-after voice for those ready to move beyond surface-level awareness and into a more profound, authentic knowing. This is the embodiment of power—when grounded in intention, grace, and clarity, leadership is no longer performed, it's lived.

Whether on stage or on the page, Eva's presence is equal parts precision and poetry—rooted in her signature P.I.E. method: **Perceive, Integrate, Embody.** She invites listeners to return to what's real—choosing coherence over performance, and presence over perfection.

"Dr. Eva's talk on Perfectionism was truly transformative... Her warm, relatable approach made it easy to connect with her message, and we all walked away feeling lighter, more self-compassionate, and ready to embrace progress over perfection."

-Jessica, 31dayschallenge



**For leadership, wellness, and high-impact events where evidence-based psychology meets holistic wisdom.**

## KeyNotes & Workshops

Beyond Perfectionism: The Science of Intuition to Sustain Success Without Burnout

Corporate Wellness 2.0: Emotional Intelligence & Mindfulness as the New Competitive Advantage

The Motherhood & Ambition Balance: Navigating Identity, Success, and Mental Well-Being

Mastering Your Inner Game: Transforming Self-Doubt into the Ultimate Leadership Asset

## Credentials

Licensed Clinical Psychologist • HeartMath Resilience Advantage Certified  
Perinatal Mood Disorders Specialist • Featured Expert in Perfectionism

MORE INFORMATION



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