



CLINICAL PSYCHOLOGIST | AUTHOR | SPEAKER

Eva Benmeleh, PhD

FOR LEADERSHIP, WELLNESS, AND HIGH-IMPACT EVENTS WHERE EVIDENCE-BASED PSYCHOLOGY MEETS HOLISTIC WISDOM.

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

Credentials

Licensed Clinical Psychologist
Perinatal Mood Disorders Specialist

HeartMath Resilience Advantage Certified
Featured Expert in Perfectionism



KeyNotes & Workshops

Beyond Perfectionism: How pressure shapes leadership, decision-making, and culture

Inner Architecture of Leadership: Discernment, authority, and decision-making under pressure

Burnout Without Collapse: Emotional intelligence, responsibility, and sustainable performance

Precision Under Pressure: Emotional intelligence, responsibility, and sustainable performance

When Responsibility Becomes Unsustainable: Perfectionism, burnout, and organizational culture

Motherhood, Ambition, & Identity: Maternal mental health and pressure in professional life

MORE INFORMATION



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