

ABOUT MELISSA FOYNES, PHD



I am a clinical psychologist and holistic wellness coach and my mission is to empower women with evidence-based principles from psychology, with tools from complementary and alternative medicine that can be implemented in daily life, even in the busiest, hardest and most stressful of times, so that they feel more confident in their ability to cope with ongoing life challenges, cultivate resilience, and live in alignment with their true values in all domains of their lives.

I believe that all women have an innate capacity for growth and transformation, and that there is no one path to healing, and with the right combination of tools and support women can come to recognize that they are limitless and powerful beyond measure.



Favorite PODCAST TOPICS

01.

Sexual Health & Well-Being in Women

Ex. Enhancing emotional and sexual intimacy in relationships, working through trauma-related sexual functioning difficulties etc.

Relationships & Communication

Ex. Observing limits/boundaries, communicating effectively and assertively in order to get needs meant and opinions/preferences heard, valued and respected, etc.

02.

Undoing Conditioning

Ex. Recovering from criticism and invalidation from others, breaking through messages we've been taught to believe about ourselves, etc.

03.

Perinatal Mental Health

04.

05.

Yoga, Mindfulness, and Meditation

Ex. Embodied mindfulness/trauma-informed mindfulness/meditation/yoga practices - cultivating a practice that works for you

Favorite PODCAST TOPICS

06.

Work-life balance

Ex. Managing stress, burnout, and work-life imbalance, observing personal limits/boundaries and communicating effectively about our needs

Imposter syndrome & Inner critic

Ex. Healing from imposter syndrome, perfectionism, gender stereotypes, and negative comparisons

07.

Grief & other Intense Emotions

Ex. Holding space and learning to best deal with grief and other intense emotions

08.

Specific Women's Issue

09.

If none of the above topics will resonate with your audience or fill a new niche on your podcast, but you feel as though me and my experience are relevant, I'd be happy to brainstorm other topics that may be more closely aligned

Podcasts I've been Featured on



Keep Talking Revolution

HOST SHARON COSTANZO



Feel Good Nakd

HOST CHARDET



The Visionaries Collective

HOST JAMIE MOLNAR AND
OLIVIA PELTS



Testimonial

Dr. Foynes (along with her guests) beautifully weaves together anecdotes from clients, her lived experiences, extensive expertise, and evidence-based knowledge from science into heartfelt AND practical steps to inspire desired change.

Thank you so much for being a conduit for imparting incredible wisdom originating from less widely known yet as invaluable, alternative perspectives and traditions.

About my Podcast

The Science & Soul of Living Well

The Science and Soul of Living Well is a podcast I started in December 2020. My guests and I dive deeply into ways to integrate evidence-based information from psychological science and complementary and alternative medicine into our daily lives so that we can cultivate resilience and live with more meaning, purpose and alignment with our values in all life domains even in the most stressful and darkest of times.

25+

EPIISODES

5.2K

LISTENS

2.5K

DOWNLOADS



I believe that all women have an innate capacity for growth and transformation, and that there is no one path to healing, and with the right combination of tools and support women can come to recognize that they are limitless and powerful beyond measure.



/MELISSA
FOYNES



/APPLE
PODCAST



/DRFOYNES



/DRFOYNES



/DRFOYNES

HELLO@MELISSAFOYNES.COM

WWW.MELISSAFOYNES.COM
