

Any of this content can be sent out prior to or after Dr. Shimi Kang's events.

Navigating the art of difficult conversations in a diverse world [HERE](#)

Understanding Burn-out & How to Avoid it: blog [HERE](#)

Understand Stress & what to do about it: 6 min video [HERE](#)

12 Steps for Future Ready Skills: blog [HERE](#)

The science of forming lasting habits for success: 3 min video [HERE](#)

Unlocking your full potential with CQ: Conscious Quotient: blog [HERE](#)

Technology specific content:

What is tech doing to our brains & behaviors 2 min video [HERE](#)

How to Determine What Tech is Good for you 3 min video [HERE](#)

The risks and benefits of social media on your mental health blog [HERE](#)

How AI fuels misinformation, group polarization & confirmation bias blog [HERE](#)

What is misinformation, how does it impact you and how to avoid it [HERE](#)

Motivational tools and Healthy Tech Worksheets [HERE](#)

Further Resources from Dr. Shimi Kang & Future-Ready Minds:

Dr. Shimi Kang - speaking, coaching & mental health assessments: [Here](#)

Future-ready Minds: [Free Lessons, Meeting Templates & Webinar Presentations](#)

TEDx on Adaptability by Dr. Shimi Kang: [Here](#)

Buy Dr. Kang's books: [The Dolphin Parent](#) & [Tech Solution](#)

Watch Dr. Kang's short videos on Mental Wealth [HERE](#)



About Shimi Kang

An award-winning Harvard trained medical doctor, researcher, and expert in neuroscience, [Dr. Shimi Kang](#) believes the key to an optimal, joyous life is understanding how your brain works.

She is the founder of [Future-Ready Minds](#), Co-Founder of [Get Sparky](#) app, host of the YouTube show, [Mental Wealth with Dr. Shimi Kang](#) and the author of the #1 bestseller [The Dolphin Parent](#), [The Self-Motivated Kid](#) & [The Tech Solution: Creating Habits for a Digital World](#).

Dr. Shimi Kang is practicing psychiatrist and a Clinical Associate Professor at The University of British Columbia. She is the Principal Investigator of several ground-breaking research studies.

- 1) The world's first study researching psilocybin for the treatment of alcoholism.
- 2) Canada's first study on using psychedelic level dosing for treating depression.

Dr. Shimi Kang has received countless awards including the YWCA Woman of Distinction & Governor General's Medal for leadership in mental health. She is most proud of receiving the Diamond Jubilee Medal for her years of community service and being a mother of three "awesome but exhausting" teenagers!