SPEAKER KIT

Dr. Yami Cazorla-Lancaster

DO, MPH, MS, FAAP, NBC-HWC

Transformational Speaker
Physician
Coach
Author

Helping ambitious women stop abandoning themselves, reconnect with what they want, and build the health, energy, and courage to create a life that feels like their own.

"It's okay to want what you want."

Your desires are the map. Your body is the vehicle.

ABOUT

Meet *Dr. Yami*

SPEAKER · PHYSICIAN · COACH · AUTHOR

SPEAKING THEMES

Self-Abandonment
Permission & Desire
Midlife Reinvention
Burnout & Alignment
Whole-Person Wellbeing

CREDENTIALS

Board-certified pediatrician
Certified lifestyle medicine physician
National board-certified health & wellness coach
Author
International speaker
Podcast host

SIGNATURE FRAMEWORK

The Permission Practice™

Allow it. Believe it.
Do it. Repeat it.

Dr. Yami Cazorla-Lancaster is a transformational speaker, coach, physician, author, and host of the I AM HUMAN podcast who helps ambitious women stop abandoning themselves, reconnect with what they truly want, and build the health, energy, and courage to pursue it.

After two decades in medicine and years building a thriving private practice, Dr. Yami found herself living a life that looked successful from the outside but no longer felt like her own. Her experience with profound depression and personal reinvention led to the work she teaches today: burnout is not always solved by doing less, desire is not selfish, and sometimes the bravest thing a woman can do is give herself permission to want something different.

Drawing from her experience as a physician, national board-certified health and wellness coach, entrepreneur, and longtime educator, Dr. Yami blends evidence-based wellbeing with deeply human conversations about identity, self-worth, desire, courage, and change. She is the creator of The Permission Practice™, a simple framework for moving from suppressed desire to aligned action.

With more than 30 years of stage experience spanning performance, teaching, podcasting, and professional speaking, Dr. Yami brings warmth, humor, vulnerability, and contagious energy to the stage. She has spoken internationally and at medical conferences, professional gatherings, community events, and wellness programs, and has appeared as a guest on numerous podcasts and media platforms.

She is the author of *A Parent's Guide to Intuitive Eating: How to Raise Kids Who Love to Eat Healthy* and host of the globally recognized I AM HUMAN podcast, which has reached listeners in 98 countries and surpassed one million downloads.

Today, after stepping away from clinical pediatrics, Dr. Yami is devoting her next chapter to speaking, coaching, writing, and helping women create lives that feel as good on the inside as they look on the outside.

SPEAKING

Signature *Keynotes*

One transformative message, customized for leadership, healthcare, women's professional, and wellbeing audiences.

01 Stop Abandoning Yourself

The Courage to Want What You Want

High-achieving women are often rewarded for being dependable, capable, generous, and needed. But somewhere between meeting expectations and taking care of everyone else, many slowly lose contact with themselves. In this powerful and deeply personal keynote, Dr. Yami shares how a life that looked successful from the outside became a cage, why her own "burnout" could not be solved with more rest, and what happened when she finally stopped waiting for permission to want something different.

AUDIENCE TAKEAWAYS

Recognize subtle patterns of self-abandonment hiding behind achievement, caregiving, and responsibility.

Reframe desire and joy as valuable information rather than selfishness or ingratitude.

Use The Permission Practice™ to move from suppressed desire to small, courageous, aligned action.

02 When Burnout Is Spiritual

Why Rest Isn't Always the Answer

What if exhaustion is not always asking you to rest? Sometimes the body is tired because the life you are living requires you to continually suppress parts of yourself. Dr. Yami explores the difference between depletion and misalignment, why high performers are especially vulnerable to self-abandonment, and how small aligned actions can begin restoring energy, agency, and aliveness without requiring people to blow up their lives.

AUDIENCE TAKEAWAYS

Recognize when exhaustion may reflect more than workload alone.

Understand how chronic self-suppression and misalignment can contribute to disengagement, resentment, and loss of vitality.

Identify one small aligned action that can restore agency without requiring a dramatic life change.

SIGNATURE KEYNOTES

03 The Body That Carries the Dream

Why Your Health Is Not a Side Quest

Every dream you have requires a body to live it. In this energizing keynote, physician and transformational speaker Dr. Yami reframes health from something we pursue to fix our bodies into something we cultivate to expand our lives. Blending lifestyle medicine with her own story of self-abandonment and reinvention, she shows why energy, mental clarity, and body partnership are the infrastructure that allows us to pursue what matters most.

AUDIENCE TAKEAWAYS

Reframe health as capacity for purpose, possibility, and a fuller life.

Recognize the difference between fighting the body and partnering with it.

Connect sustainable daily habits with the desires and experiences that make health worth protecting.

TESTIMONIALS

What audiences *say*

"Dr. Yami has amazing energy, kind soul, caring, and compassionate. She encourages you to be the version you want to become."

ITZEL CARILLO

"Dr. Yami is an amazing motivational speaker with knowledge and evidence based information. I love that she is passionate about the health of your mind and body. You won't be disappointed!!"

SUMMER WENTZ

"I really enjoyed the presentation. I appreciated that Dr. Yami gave applicable action steps that you could take home... She shared great nuggets of information from a personal and humble perspective. It was great!"

PATRICIA LABBEE

"I was very impressed. Dr. Yami is very energetic and obviously dedicated to helping people with improving their health in a natural way. She is a confidence builder and enjoys helping people find their inner purpose. She is truly an amazing person and more than capable of helping meet your goals."

ATTENDEE

ON THE TEDx STAGE

SELECTED STAGES

Where she has *spoken*

TEDxYakimaSalon
Speaker, 2017

Plant-based Prevention of Disease Conference
Keynote, 2024

Black Health Matters Conference
Harvard University, 2022

American College of Lifestyle Medicine
Conference workshops, 2021 and 2026

Veterans of Foreign Wars
Memorial Day program, 2026

Million Dollar Vegan
Staff talk, 2022

Moms Meet WOW Summit
Featured speaker, 2022

Spokane VegFest
Speaker, 2019

1M+
downloads of the I AM HUMAN podcast

98
countries with podcast listeners

26K
views of her latest talk in its first four days

FROM AN EVENT ORGANIZER

"It was a pleasure working with Dr. Yami in preparation for her presentation at our Veteran's event. I especially appreciated her detailed coverage of the topic as well as her sharing personal testimonials on the subject matter. Dr Yami really connects with her audiences!"

SHARON HARRIS · VETERANS MEMORIAL DAY EVENT, 2026

Bring Dr. Yami to your stage

Booking: yami@DoctorYami.com
Watch her latest talk: youtu.be/hrHPA0Gwif0
Web: DoctorYami.com