



# Dr. Shimi Kang

Bestselling Author, Award-Winning Researcher,  
Medical Doctor, Speaker, and Mom of 3!



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Dr. Shimi K. Kang is a Harvard-trained doctor, award-winning researcher, bestselling author, media expert, and dynamic speaker. She has contributed to major global media outlets including NPR, The Huffington Post, Psychology Today, Times of India, South China Morning Post, UK Daily Mail, Der Spiegel, and Time Magazine. Dr. Kang is the current Medical Director of Child and Youth Mental Health for Vancouver and a Clinical Associate Professor at the University of British Columbia. She has worked across North America, Europe, and Asia. She has helped thousands of people move towards better health and happiness. Dr. Kang is most proud of receiving the Diamond Jubilee Medal for her years of outstanding community service and being the mother of three amazing but exhausting children!

## Featured In



## Al Jazeera America

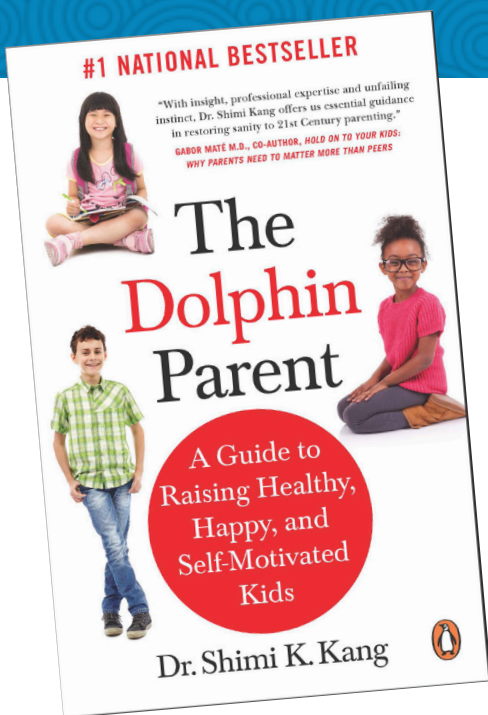


## TEDx Kelowna



Author's #1 National Bestseller!

# The Dolphin Parent



Available everywhere books are sold

In *The Dolphin Parent*, Harvard-trained child and adult psychiatrist and expert in human motivation Dr. Shimi Kang provides a guide to the art and science of inspiring children to develop their own internal drive and lifelong love of learning. By trusting our deepest intuition about what is best for our kids, we will allow them to develop key dolphin traits—adaptability, community-mindedness, creativity, and critical thinking—to enable them to succeed and thrive in our increasingly complex world.

*As featured in*

TORONTO STAR

The Washington Post

ALJAZEERA

TIME

DER SPIEGEL



Daily Mail

THE HUFFINGTON POST

Parents

CTV

Global NEWS

Reader's Digest

STEVEN AND CHRIS

THE GLOBE AND MAIL

MORGENAVISEN  
Jyllands-Posten

Today's Parent

DAILY Mirror

“With insight, professional expertise and unfailing instinct, Dr. Shimi Kang offers us essential guidance in restoring sanity to 21<sup>st</sup> century parenting. Compassionate to parent and child, loving and reasoned in its approach, [*The Dolphin Parent*] is highly readable, emotionally nurturing and intellectually satisfying.”

—Gabor Maté M.D., co-author, *Hold On To Your Kids: Why Parents Need To Matter More Than Peers*

“Dr. Shimi Kang writes insightfully of the real lives of parents, weaving science with spirit, and embedding highly practical suggestions into every chapter. I highly recommend this book!”

—Michael Gurian, author of *The Wonder of Boys* and *The Wonder of Girls*

“This is a powerful book that not only reminds us of what it means to live a balanced human life, but also how to achieve it—simply and naturally.”

—David Suzuki

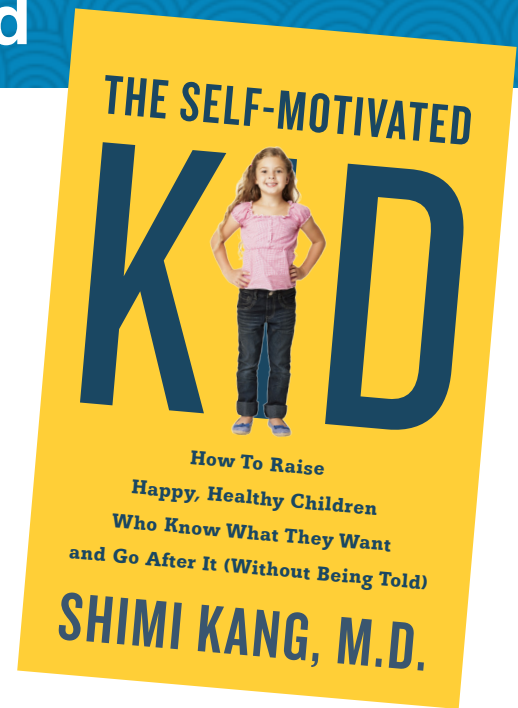
“If you’re looking for effective but practical strategies to calm the chaos in your kids’ lives, foster their internal motivation and truly prepare them to function successfully in the adult work - read this book! Using concrete evidence, Dr. Kang shows why “Tiger” approaches to parenting do more harm than good. Her Dolphin approach will have you and your kids cheering. Highly recommended!”

—Amy McCready, founder of PositiveParentingSolutions.com

# The Self-Motivated Kid

Child psychiatrist and mother of three, Dr. Shimi Kang shows us how to empower and motivate our kids—putting them on the path toward lifelong happiness and success.

*As featured in*



Available everywhere books are sold

“Ready to give your kids back their childhood—the part YOU loved? The joy? The creativity? The afternoons you still remember with such longing? If you’re driving your kids to the lessons neither of you likes, instead of giving yourselves BOTH a chance to relax, play or just ‘waste’ time, it’s time to turn around the car. This book is your U-turn to joy.”

—Lenore Skenazy, author of the book and founder of the blog *Free-Range Kids*

“An encyclopedia of research and insights to help parents navigate their parenting journeys!”

—Dr. Shefali Tsabary, author of *The Conscious Parent* and *Out of Control*

“Taking both an intimate look at herself and a broad lens to human hard-wiring, [Dr. Shimi Kang] provides a direly needed paradigm shift for child-rearing in the twenty-first century.”

—Marlaine Cover, Founder, Parenting 2.0

“A beautifully written guide that will help parents counteract the social forces that have been depriving children ever more of freedom, play, and childhood itself.”

—Peter Gray, author of *Free to Learn: Why Unleashing the Instinct to Play Will Make Our Children Happier, More Self-Reliant, and Better Students for Life*

“The perception of today’s parents as micro-managers who steal all the oxygen is often correct, and as the research trickles in, we are seeing a generation of kids who are lacking internal control. Seeking to right the scales, the author shows parents how to develop skills such as creativity, critical thinking, communication, and collaboration—what she calls the CQ, or consciousness quotient. Combining scientific research with personal stories, Kang has a soothing and encouraging tone that will appeal to many readers.”

—*Library Journal* (starred review)



# Speaking & Workshops

*Dr. Shimi Kang translates the best science into everyday tools for the optimal performance of the brain, body, and relationships. Her presentations will help you unlock motivation, find balance, and cultivate towards an awesome life of health, passion, purpose, connection, and lasting success.*

## Popular Topics

*To see more of Dr. Kang's presentations, please visit her Speakers page.*

### What One Skill = Awesome Life?

Internal Drive is Lasting – The Art and Science of Human Motivation

Navigating the Diverse 21<sup>st</sup> Century Workplace

How to Overcome Stress: The #1 Health Epidemic of Our Times

Prescriptions for a Healthy Workplace

Forget IQ vs. EQ! CQ is for 21<sup>st</sup> century.

### The Neuroscience of Success

The Dolphin Way: How to Raise Healthy, Happy, and Self-Motivated Kids (Without Turning into a Tiger)

Maximizing Engagement and Performance

Optimizing Mental Health in Stressful Times

Adaptability: Survival of the Fittest in an Ever-changing World

## Past Clients



HARVARD  
UNIVERSITY

VA



U.S. Department  
of Veterans Affairs



TEDx



KAISER PERMANENTE®

“speakers’ spotlight”

UC DAVIS  
UNIVERSITY OF CALIFORNIA

a place of mind



Pierre Fabre



JANSSEN-ORTHO



Government  
of Canada



Central 1

FINNING®



Cephalon®

Canada

# Media

## Articles

**TIME** [A Case for Parenting the Dolphin–Not Tiger–Mom Way](#)

**Spiegel Online** [Lasst Sie Spielen](#)

**South China Morning Post** [Do What Comes Naturally to Help Your Child Find Inner Drive](#)

**Huffington Post** [Workplace Bullying: A Real Issue That Needs a Real Resolution](#)

**Psychology Today** [Stress and the Gender Gap](#)

## Media Clips

*To see more of Dr. Kang's clips, please visit her Media page.*

CTV Canada AM



Breakfast Television



Al Jazeera America



CBC National News



## Featured In

### American

National Public Radio  
TIME Magazine  
Washington Post  
America All News Radio  
Al Jazeera America  
Parents.com  
Reader's Digest  
Whattheflicka.com Worth Magazine  
New York Metro Magazine  
Care.com  
Sirius Radio  
Fearless Parent Working Motherhood Davis  
University News The Huffington Post  
Psychology Today  
Chicago Tribune  
Redbook  
BuzzFeed  
New Day NW

### Canadian

CBC National News  
Global National News  
CTV National News  
Canadian Living Magazine  
Toronto Star  
Vancouver Sun  
Georgia Strait  
Medical Post  
Today's Parent  
JoyTV  
Omni  
City TV  
Breakfast Television  
Steven and Chris Show  
Canada AM  
CBC Weekend Edition  
CBC National Radio Syndication  
Masala Mommas  
South Asian Women Magazine  
The Huffington Post  
The Globe and Mail

### Germany

Der Spiegel Magazine  
Eltern Magazine  
Hamburger Morgenpost

### UK

UK DailyMail  
UK Mirror

### China

South China Morning Post  
CCTV Hong Kong  
Playtimes Magazine  
Shanghai Daily  
East Day  
China News  
SETV—Shanghai

### Israel

Yedioth Aharonot

### Holland

Jyllands-Posted

### India

Times of India  
Child Magazine

# Testimonials

“Dr. Kang’s lecture was outstanding with strong content, helpful tips, and suggestions. Her gift of presenting her content was just as powerful, as she developed a bond and engaged the 450 attendees from the minute she walked on stage to her successful book signing followed by her Q & A. Dr. Kang and her book continue to be the conversation at parties, meetings, and functions. We love her!”

—Davis University Parent Lecture Series

“The session was excellent and very enlightening. It took very complex topics, such as: neuroplasticity, motivation and psychology and presented them in a very applicable way which can easily be used in every workplace. It is a new way to look at an individual’s motivation. I would highly recommend her for any workplace speaking event.”

—Georgian College

“Using a coffee table as an impromptu stage, Dr. Shimi Kang led an instructive and engaging fireside chat with more than 60 experienced communication practitioners. Likable, welcoming, professional and direct, she explained how the Dolphin Way applies to both positive parenting and productive leadership in the workplace. Using stories and enthusiasm, Dr. Kang summarized the benefits of play, curiosity and empathy for others in one’s professional relationships and career. The lively discussion that took place following her address – both in the room and online – confirmed Dr. Kang’s ability to connect with her audience and spark conversation.”

—Canadian Public Relations Society

“Dr. Kang delivered a fluid and practical approach to how we live our lives, and teach our children and families to become fulfilled. Her delivery to the large audience was seamless and the reactions have been immediately positive. Dr. Kang’s talk has been one of the more popular in responses and views so far!”

—TEDx Organizer

“Dr. Kang is an engaging speaker, who connected very quickly with our audience. Her topic was interesting and filled with relevant, compelling examples and anecdotes. I would definitely leap at the chance to listen to Dr. Kang speak again!”

—Human Resources Professional Association

“Just an incredible speaker who brings evidence to understanding human behaviors.”

—Park Communications

“Very engaging. Very tactical. It is refreshing to see theory and practical application so nicely woven together.”

—University of British Columbia Advising Committee

“Dr. Shimi Kang is equally brilliant on-air as in her practice. Able to articulate and navigate the masses through complex issues, she is an outstanding touchstone for viewers.”

—Jody Vance, Host of Breakfast Television



photo credit: TEDxKelowna