



[Wendy Garvin Mayo](#), APRN, ANP-BC is a passionate Board-Certified Nurse Practitioner with over 20 years of experience in healthcare in various nursing sectors such as clinical, leadership, research, academia, and pharmaceuticals. Mrs. Mayo launched into entrepreneurship as a Stress Solution Strategist, Emotional Intelligence Consultant, International Speaker and Certified John Maxwell Coach & Trainer. Wendy is the Founding CEO of [The Stress Blueprint](#), the #1 coaching and consulting firm for stress management for healthcare professionals, leaders, and teams, and host of the [Nurse Wellness Podcast](#). Mrs. Mayo is looking for ever opportunity to empower people to reduce stress and increase emotional intelligence so they can cultivate well-being and serve the world with purpose.

To learn more about Wendy Garvin Mayo and The Stress Blueprint, visit www.stressblueprint.com or email hello@stressblueprint.com