



**Thought Leader,
Speaker, Author**

MEDIA TOPICS

Leadership & Resilience:

- Using the Rewire Go Higher™ Framework to Overcome Challenges and Build Resilience
- Feeling Threatened by AI? EQ is the New Superpower in the Workplace

Mental Health:

- The Vital Link Between Physical and Mental Health
- Overcoming Chronic Pain Using Pain Reprocessing Therapy

Patient Advocacy:

- Using the Patient POV to Improve Patient Experiences
- Ten Pro Tips for Patients to Navigate the Broken Healthcare System
- Reducing Burnout Among Medical Professionals

BIOGRAPHY

If you're looking for an engaging, inspiring, and knowledgeable guest, look no further. Sharing her lived experiences and professional expertise, Eileen Filliben provides powerful insights into:

- Leadership & Resilience
- Mental Health
- Patient Advocacy

During her successful career as an attorney, HR consultant, and executive, Eileen was sidelined with:

- Breast cancer twice by age 42
- 15 major surgeries
- Debilitating chronic pain and migraines
- Depression and PTSD

Her journey back to health included a deep dive into the mind-body connection and research on the neuroplasticity (changeability) of the brain. Applying what she learned, Eileen developed the **Rewire Go Higher™** framework which combines proven best practices in leadership with cutting-edge research from neuroscience. Eileen's science-backed and practical tools empower individuals and teams to manage change and build sustainable resilience.

Given her extensive experience with the healthcare system, Eileen is also passionate about patient advocacy. Sharing thought-provoking stories, she brings the patient POV to life to drive improvement.