



Dr. Colleen M. Fairbanks
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Dr. Fairbanks is a psychologist, public speaker, health coach, and consultant. She has extensive experience, both as a practitioner and instructor, in motivational interviewing and understanding the interplay between physical and emotional health issues. She is an expert on human behavior, communication, and the mind-body connection for emotional, physical, and social health.

Dr. Fairbanks' quick wit and ability to engage audiences make her seminars highly valuable and leave participants feeling energized and confident to implement their new knowledge and skills. Her seminar topics include: Joy at Work; Mindset for Success; Resilience and Stress Management; and Effective Workplace Communication. As a result of participating in her seminars, participants experience improvement in work and life performance and satisfaction.

Her compelling behavior change and health optimization work spans the government and private sectors. She was invited to share her expertise at the University of Illinois at Chicago, Department of Veteran Affairs, American Heart Association, Kennedy Foundation, Fox Entertainment Group, Illinois Parks and Recreation Association, and Park District Risk Management Agency, among others.

Dr. Fairbanks is a licensed clinical psychologist with a specialization in Health Psychology. She received her PhD from a nationally-recognized scientist-practitioner PhD program. She offers a mind-body approach to treatment and believes in the power of understanding how a person's thoughts shape their physical and emotional health. Dr. Fairbanks' work is collaborative and supportive with the goal of understanding strengths and finding solutions to assist others in living happier and healthier lives.

Areas of specialization include happiness, positive psychology, motivational interviewing, behavior change, and mindfulness. She has extensive experience working with individuals adjusting to illness such as cancer, heart disease, and diabetes; navigating caregiver issues; those aspiring to create healthier habits; as well as individuals wishing to tackle feelings of depression and anxiety to find happiness, peace, and inner strength. Dr. Fairbanks' passion is working with individuals to find purpose, break free from living on autopilot, and improve overall health and wellbeing.