

Dr. Kelly

Dr. Kelly N. Wood, MD is an internal medicine physician, board certified in Endocrinology, Diabetes and Metabolism. Beyond the stethoscope, Dr. Kelly is recognized as “The Bounce Back Coach,” helping high-performing women to bounce back from failed relationships, rebuild their self-esteem, and reclaim their identity.



Her debut book, “Bounce Back to Better: Recovering from the Disappointment of a Failed Relationship,” walks readers through her personal journey of reconstructing her life after her engagement ended.

Through a multi-dimensional platform that addresses the mind, body, and spirit, Dr. Kelly lives out her passion to help others achieve total wellness and lead a balanced life. She makes expert health and wellness advice accessible to all through speaking engagements, media appearances, her Facebook show, and personal blog.

Dr. Kelly travels throughout the U.S. speaking at corporations, conventions, colleges, and churches on insights and strategies for fostering personal development in the areas of resilience and emotional wellness as well as on topics surrounding diabetes, endocrinology and other medical conditions. She is very active in diabetes policy initiatives at the national level and serves on one of the committees of the Endocrine Society.

She earned her medical degree from The University of the West Indies in Barbados before relocating to the United States in 2006. Licensed in three states, Dr. Kelly is currently in clinical practice in Atlanta, Georgia. Dr. Kelly maintains connection with professional organizations such as the Endocrine Society and the American Association of Clinical Endocrinologists. She also holds a Master’s degree in Business Administration from West Connecticut State University.

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SPEAKER SERIES

CONFERENCES

- Bounce Back to Better: 7 Principles to Realizing Your Full Potential
- Rediscovering You: Looking Inwardly to Succeed Outwardly
- I Love Me More: Embracing Self-love as a Means of Emotional Healing

CORPORATE

- Stress and Success: Excelling at Your Career Without Ruining Your Health
- One Choice at a Time: Developing Habits to Promote Wellness
- Diabetes Wellness Overview: 7 Lifestyle Tips to Avoid Diabetes Complications

FAITH ORGANIZATIONS

- Single, Saved and Waiting: What now?
- I am Who He Says I am: Overcoming Self-Limiting Beliefs
- Healing for Your Broken Heart

UNIVERSITIES

- Wellness on the Go
- The Stress is Real: Strategies to Improve Your Mental Health
- Healthy Living on a Budget

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PARTIAL CLIENT LIST

University of the West Indies
University of Wisconsin-Madison
Western Connecticut State University
New Hope Baptist Church
Harvest Church of Madison
Endocrine Society
Iyanla Fix My Life
Piedmont Hospital
Danbury Hospital

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