

# DR. BRENDA CALDWELL

## FULL BIO

Dr. Brenda Caldwell, “The Hope Doctor,” who is also affectionately known as Dr. B, is a licensed clinical therapist, a pioneering hopeologist, and a transformational force who has dedicated her life to empowering lives around the world. Known for her profound ability to inject hope in a way that moves hearts, shifts mindsets and ignites renewed confidence to take action. With a masters and Ph.D. in Psychology, she is also an author of three books, including her latest book entitled, “Hey World, You Don’t Define Me: Exposing the Not Good Enough lie.” Dr. B has become a beacon of light for individuals seeking to overcome the “not good enough” lie and embrace their true value, worth and potential.

From corporate arenas to community events, as “The Hope Doctor,” Dr. B masterfully blends inspiration with practical tools, helping audiences from all of life discover the true essence of hope and its’ transforming power to change lives. Her work as a clinical therapist and hopeologist has touched countless lives, making her a sought-afterspeaker, trainer, and coach in both personal and professional development arenas.

Beyond her profound impact in the field of hope and mental wellness, Dr. B is also a gifted sculpting artist known as “The Paper Towel Artist.” As the creator of three-dimensional canvas sculpted art, she uses a unique 3D medium she calls “paper towel, paint, and prayer” to create stunning, inspirational pieces that reflect themes of hope, resilience and faith. This artistic endeavor is another dimension of how she pours hope into the world, using creativity to inspire and uplift others. Whether through her transformative words or her evocative art, Dr. Brenda Caldwell continues to be a powerful catalyst for hope and change.



DR. BRENDA CALDWELL  
THE HOPE DOCTOR™

THE  
HOPE DR.™

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