

because mediocrity  
is beneath you<sup>®</sup>

Your audience deserves a  
speaker who will wake them  
up. Not put them to sleep.

# Katie McDonald

speaker. coach. author

Katie McDonald is a corporate speaker, an executive coach, and author who helps high-achieving teams stop the burnout cycle before it stops them.

She is not speaking from theory. She is speaking from the ashes of her own burnout and the hard-won wisdom of 15 years working with leaders at Pfizer, CVS Health, Swarovski, Facebook, Fidelity Investments, Harvard University, and many more organizations across a wide variety of industries.

Her message is direct, her delivery is unforgettable, and her results are real: audiences walk out recentered, refocused, and recharged.

Now an Audible Original course creator *Self-Care Strategies: Nourish to Flourish* Katie is one of the few speakers whose work extends beyond the stage into lasting behavioral change.



corporate speaker | executive coach | self-care strategist | audible original course creator

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*Katie*  
MCDONALD  
speaker. coach. author.

## all keynotes available as:

30 · 45 · 60-minute presentations | half-day or full-day workshops  
in-person or virtual | women-focused or gender-neutral

### **de-liberate: from reactivity to intentional productivity**

Your people are not lazy. They are drowning. Meeting after meeting, deadline after deadline, frenzy has become familiar, and it is costing you. This keynote dismantles the myth of “busy = productive” and gives audiences a practical system for getting the right work done, at the right time, for the right reasons.

*“Time management is a fallacy. Time is fixed. We are not.”*

### **reclaiming the me in time™** getting sh!t done without coming undone

For organizations where burnout is the background noise. Katie reframes time management as self-management and shows audiences how to perform sustainably without sacrificing themselves in the process. Brutally honest, immediately actionable, and grounded in lived experience.

*“Taking care of you is taking care of business.”*

### **self-care isn't selfish: it's your duty**

Designed for women's leadership initiatives and ERGs, this is not a feel-good pep talk. It is a paradigm shift. Katie challenges deeply held beliefs about women's roles and responsibilities and gives your audience permission and the tools to show up for themselves the way they show up for everyone else.

*“How dare you deprive us of your best self?”*

## what people are saying

“Her talk was more than a keynote; it was a reset. Katie grounds people so they can rise higher.”

**Tania A. Doub,**  
Mindful Quadrant

“Katie is an energetic presenter who is not afraid to tell it like it is. She will have you thinking twice about your bad habits.”

**Kassandra McGlone,**  
District Manager, Insperty

“Her session provided attendees with useful tools to better manage their well-being while supporting their organizations.”

**Gary Dawson, Director of  
Learning & Development, EANE**

### Ready to book Katie?

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