

On paper, Katie McDonald had it all. She was an international sales rockstar who outlasted the competition and crushed her goals in the U.S., Europe, and Canada.

But Katie's relentless drive for productivity came at the expense of everything that mattered: her relationships, her time, her health, her emotional wellbeing. The demands of her corporate career occupied her every waking moment.

Then, one day, she missed one meeting. One.

Her mental health was already so precarious, that's all it took to push her over the edge.

Katie had no choice. Facing spiraling mental and physical health crises that threatened her life, the have-it-all-together image Katie had spent years building was quickly crumbling.

She had to take action for herself—immediately.

Katie left her corporate career behind...and life started to get better. Slowly but surely, she started making meaningful investments in herself and her own mental health.

As Katie replaced destructive habits with healthier ones, she began to heal. And after years of trying and failing to become a mother, she conceived her son Sage only once she was able to parent herself. By loosening her grip on perfectionism, she made wise and grounded choices that showed respect for her mind and body. That shift changed everything.

Katie started to think intentionally about every decision she made—and for the first time in her adult life, Katie started actively implementing everything she had ever learned about self-care, but never practiced.

Today, self-care is at the very center of everything Katie McDonald does.

Fully recovered from years of self-neglect, Katie now helps fellow doers embrace self-care so they can do more and be more while leading healthier, more intentional, and more nourished lives.

A keynote speaker and self-care strategist, Katie leads with tough love to inspire, empower, and challenge audiences. Katie dispels the destructive myth that self-care is an obstacle to productivity and teaches that self-care is, in fact, a tool to create a more powerful and impactful legacy.