



Short Written Bio

Over a decade ago, the demands of Katie McDonald's corporate career occupied her every waking moment. She was left feeling depleted and depressed—suffering from spiraling mental and physical health crises that threatened her life.

Left with no choice but to transform her body-mind relationship, Katie abandoned her corporate job and finally started applying her knowledge of self-care, alternative health, and plant-based nutrition.

Since then, Katie has been on a revitalizing journey of lifelong self-care.

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.

Katie leads with tough love to inspire, empower, and challenge audiences. She 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.