

Margo Boster

LEADERSHIP . CLARITY . NEUROSCIENCE

KEYNOTE SPEAKER | EXECUTIVE COACH | AWARD WINNING AUTHOR



Former senior IT leader. 25+ years in enterprise and health IT before becoming one of the top-credentialed executive coaches in the world.

GEORGETOWN UNIVERSITY

Adjunct Faculty
Leadership Coaching Program

HARVARD MEDICAL SCHOOL

Science of Leadership

NEUROLEADERSHIP INSTITUTE

Executive Certificate

MCC — Top 5% Worldwide

International Coaching Federation

25+ Years

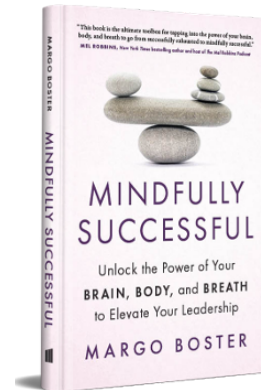
Senior Leadership, Enterprise &
Health IT

"The science behind it just clicked. There are pieces I'll carry forward for the rest of my career. She's worth every penny."

— **K. Yackley**, Avera Health Vice President

Helping Leaders Perform at Their Best When the Pressure Is Highest

AUTHOR OF



ENDORSED BY



Mel Robbins
Marshall Goldsmith
Shawn Achor
Cy Wakeman

SIGNATURE KEYNOTES

Lead Through Anything

The Leadership Competency Most Programs Miss

Lead with clarity, confidence, and sound judgment when the stakes are highest.

Successfully Exhausted

The Hidden Price of High Performance

Close the gap between peak performance and sustainable success—without sacrificing your leadership capacity.

Recovery Is a Leadership Strategy

The Missing Strategy for Sustainable High Performance.

Recovery isn't what happens after leadership. It's what makes great leadership possible.

*"Engaging and full of practical insights that resonated with our audience." — J. Hibdon,
Past President, Arizona HR Executive Forum*

MOVE FROM SUCCESSFULLY
EXHAUSTED TO MINDFULLY
SUCCESSFUL.



WATCH MARGO
IN ACTION

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Lead Through Anything The Leadership Competency Most Programs Miss

When pressure rises, technical expertise is no longer enough. Leaders need the ability to stay calm, think clearly, and respond intentionally when everyone is looking to them for direction.

Drawing on neuroscience, decades of executive coaching, and the remarkable story of the 2018 Thai cave rescue, Margo demonstrates why self-regulation is one of leadership's most overlooked competitive advantages. Participants discover practical techniques they can immediately apply to strengthen decision-making, executive presence, and influence under pressure.

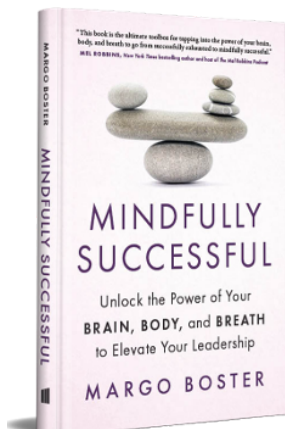
Participants leave with:

- A neuroscience-backed framework for responding rather than reacting in high-pressure moments.
- Practical techniques that immediately improve focus, emotional regulation, executive presence, and leadership effectiveness.
- Greater confidence in leading difficult conversations, uncertainty, and the moments that define organizational culture.

Best for: Leadership conferences, executive retreats, healthcare organizations, HR and leadership development audiences, and senior leadership teams.

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Successfully Exhausted The Hidden Price of High Performance

High achievers often become trapped by the very habits that made them successful. They deliver extraordinary results while quietly sacrificing clarity, patience, creativity, and eventually themselves. What organizations celebrate externally often comes at an unseen internal cost.

In this keynote, Margo reveals why exhaustion has become normalized in leadership—and why pushing harder only reinforces the cycle. Blending neuroscience, executive coaching, and practical leadership strategies, she helps leaders identify the unconscious patterns driving their performance and replace them with habits that sustain both success and well-being over the long term.

Participants leave with:

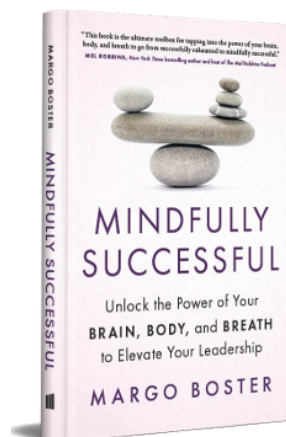
- An understanding of the unconscious beliefs and brain patterns that keep high achievers trapped in the cycle of successful exhaustion.
- Practical tools for interrupting stress-driven reactions and leading with greater clarity, confidence, and intention.
- A new definition of sustainable success that improves leadership effectiveness, strengthens relationships, and supports long-term performance.

Best for: Senior executives, healthcare leaders, high-potential leaders, executive teams, and organizations committed to sustaining high performance without burnout.



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Recovery Is a Leadership Strategy

The Missing Strategy for Sustainable High Performance

Today's leaders are expected to deliver more with fewer resources, constant change, and little opportunity to recover. Yet neuroscience tells us that when recovery disappears, the very brain functions leaders depend on—strategic thinking, emotional regulation, sound judgment, creativity, and decision-making—begin to decline, even while performance appears strong on the surface.

In this keynote, Margo Boster reveals why recovery isn't a reward for finishing the work; it's the strategy that protects clear thinking, sound judgment, and sustainable high performance.

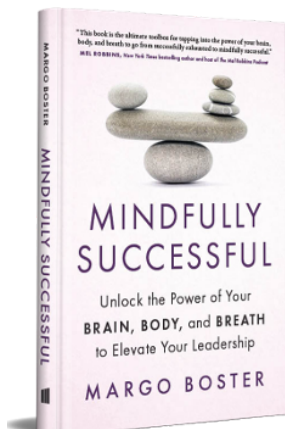
Participants leave with:

- A neuroscience-backed understanding of how recovery strengthens decision-making, emotional regulation, executive presence, and leadership effectiveness.
- Practical micro-recovery strategies they can integrate into even the busiest workdays to restore focus and interrupt the stress cycle.
- A sustainable framework for maintaining high performance without sacrificing themselves, their teams, or the quality of their leadership.

Best for: Executive leadership conferences, healthcare organizations, leadership development programs, HR and talent leaders, and organizations navigating sustained pressure, growth, or change.

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