

Margo Boster

LEADERSHIP . CLARITY . NEUROSCIENCE

KEYNOTE SPEAKER | EXECUTIVE COACH | AWARD WINNING AUTHOR



Former senior IT leader with 25+ years in enterprise and health IT, now an executive coach helping leaders perform with clarity when the stakes are high.

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

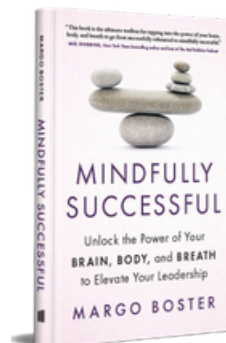
Senior Leadership, Enterprise &
Health IT

Helping Leaders Perform at Their Best When the Pressure Is Highest

SIGNATURE KEYNOTES

- ☀ **Lead Through Anything**
The Leadership Competency Most Programs Miss
Lead with clarity, confidence, and sound judgment when the stakes are highest.
- ☀ **The Science of You**
Why Smart, Successful People Still Get Hijacked by Automatic Patterns
Understand how your brain, body, and breath shape automatic reactions, and learn practical ways to create more choice in how you respond.
- ☀ **Successfully Exhausted**
The Hidden Price of High Performance
Close the gap between peak performance and sustainable success—without sacrificing your leadership capacity.

AUTHOR OF



ENDORSED BY

- ☀ Mel Robbins
- Marshall Goldsmith
- Shawn Achor
- Cy Wakeman

"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**, *Exec Director, SD Dental Association*

"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

contact@margoboster.com

Margo Boster

LEADERSHIP . CLARITY . NEUROSCIENCE

KEYNOTE SPEAKER | EXECUTIVE COACH | AWARD WINNING AUTHOR

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.

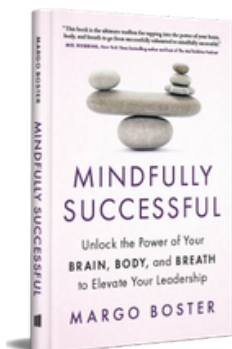
Participants leave with:

- 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.

Helping Leaders Perform at Their Best When the Pressure Is Highest

AUTHOR OF



ENDORSED BY

Mel Robbins
Marshall Goldsmith
Shawn Achor
Cy Wakeman



MOVE FROM SUCCESSFULLY
EXHAUSTED TO MINDFULLY
SUCCESSFUL.



WATCH MARGO
IN ACTION

contact@margoboster.com
www.margoboster.com/speaking

Margo Boster

LEADERSHIP . CLARITY . NEUROSCIENCE

KEYNOTE SPEAKER | EXECUTIVE COACH | AWARD WINNING AUTHOR

The Science of You

Why Smart, Successful People Still Get Hijacked by Automatic Patterns

You know what to do. So why do you sometimes react in ways you wish you hadn't? Our brains create patterns from repeated experiences, our bodies continuously communicate with our nervous systems, and our breath can influence the state we're in. Understanding these systems gives us something more powerful than another leadership strategy: more choice in how we respond.

Drawing on neuroscience, decades of executive coaching, and the science of brain, body, and breath, Margo makes the invisible mechanisms behind automatic reactions practical and accessible.

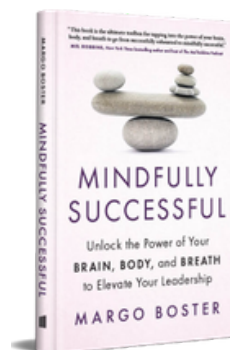
Participants leave with:

- A practical understanding of how the brain creates—and can change—automatic patterns.
- Simple, science-based techniques for interrupting thoughts, emotions, and reactions before they take over.
- Practical ways to use posture, movement, and breath to shift state in high-pressure moments.
- Greater awareness of the choices available between what happens and how they respond.

Best for: Leadership conferences, executive retreats, women's leadership programs, professional associations, healthcare and technology organizations, and audiences interested in neuroscience, human behavior, and sustainable performance.

Helping Leaders Perform at Their Best When the Pressure Is Highest

AUTHOR OF



ENDORSED BY

Mel Robbins
Marshall Goldsmith
Shawn Achor
Cy Wakeman



MOVE FROM SUCCESSFULLY
EXHAUSTED TO MINDFULLY
SUCCESSFUL.



WATCH MARGO
IN ACTION

contact@margoboster.com
www.margoboster.com/speaking

Margo Boster

LEADERSHIP . CLARITY . NEUROSCIENCE

KEYNOTE SPEAKER | EXECUTIVE COACH | AWARD WINNING AUTHOR

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.

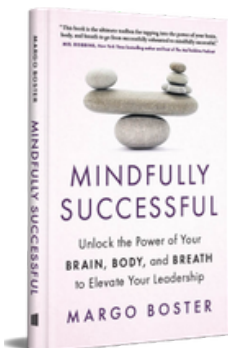
Participants leave with:

- 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..

Helping Leaders Perform at Their Best When the Pressure Is Highest

AUTHOR OF



ENDORSED BY

Mel Robbins
Marshall Goldsmith
Shawn Achor
Cy Wakeman



MOVE FROM SUCCESSFULLY
EXHAUSTED TO MINDFULLY
SUCCESSFUL.



WATCH MARGO
IN ACTION

contact@margoboster.com
www.margoboster.com/speaking