SPEAKER MEDIA KIT

Marilyn Gansel, PsyD

Performance Psychologist · Coach · Keynote Speaker

BIOGRAPHY

Marilyn Gansel, PsyD is a performance psychologist and coach who integrates functional medicine principles, behavioral psychology, and performance science to help high-achieving professionals thrive under sustained pressure.

She works with clinicians, athletes, executives, and leaders — many of them women — navigating burnout, midlife transitions, and the tension between ambition and wellbeing. Her speaking style is warm, evidence-informed, and deeply practical.

She is the author of three books: Saved by Sport; Mac 'n Cheese: Mini Morsels for Positive Performance; and Pain, Purpose, Passion: That Was Then, This Is Now.

SIGNATURE KEYNOTE

The Thriving Mindset

Build resilience, align with your values, and create sustainable success.

An engaging, interactive keynote that helps high-achieving professionals move beyond survival mode and create a life of greater purpose, resilience, wellbeing, and fulfillment. Participants leave with practical tools to strengthen their mindset, align actions with values, and build a sustainable personal success strategy.

AUDIENCE TAKEAWAYS

Replace limiting beliefs
Reframe the thought patterns holding you back into empowering, action-oriented beliefs.

Create energizing goals
Set goals that fuel you rather than deplete you, with recovery built in.

Build resilience through wellbeing
Practical, evidence-informed practices that strengthen you under pressure.

Clarify your core values
Use your values as a clear guide for decisions, so work and life feel aligned.

Recognize burnout early
Spot warning signs before performance drops and build a prevention plan.

Leave with an action plan
A concrete, personalized plan for lasting personal and professional growth.

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SPEAKING TOPICS

Resilience keynote

How resilience is actually built — through recovery, boundaries, and evidence-informed wellbeing practices, not sheer willpower.

Burnout keynote

Recognizing burnout early in yourself and your team, and building prevention plans that hold up under real workloads.

Women's leadership keynote

Ambition without depletion: leading with clarity, values alignment, and a sustainable definition of success.

Midlife and reinvention

Navigating career transitions, shifting energy, and renewed purpose in the second half of a professional life.

AVAILABLE FORMATS

Keynote Presentation

30–60 minutes

Conferences, leadership events, and professional associations.

Interactive Workshop

60–90 minutes

Groups ready to reflect, discuss, and build an action plan together.

Half-Day Training

3–4 hours

A deeper dive into mindset, values alignment, resilience, wellbeing, and sustainable success.

IDEAL AUDIENCES

- Leadership conferences
- Healthcare & caregiver forums
- Entrepreneurship events
- Women's professional associations
- Executive retreats
- Wellness & resilience summits

Book Marilyn to speak

Email with your organization, date, location, audience, size, and preferred format.

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