



[www.ashleymargeson.com](http://www.ashleymargeson.com)

*Dr. Ashley Margeson, ND*

KEYNOTE SPEAKER  
& WORKSHOP FACILITATOR

INFORMATION KIT

# Hi. I'm Dr. Ash

## ABOUT ME

Dr. Ashley Margeson is a Naturopathic Doctor, keynote speaker, and wellness strategist based in Halifax, Nova Scotia. She works with organizations, conferences, and leadership teams to address burnout, capacity, and performance through practical, research-backed approaches that fit real-world demands.

With a background in clinical care, organizational leadership, and systems-level thinking, Dr. Ashley is known for helping audiences understand burnout not as a personal failure, but as a capacity issue shaped by workload, expectations, and environment. Her work focuses on creating sustainable momentum — helping individuals and teams protect energy, make better decisions under pressure, and perform well over time.

Dr. Ashley's speaking blends research, lived experience, and engaging storytelling. Her approach is grounded, relatable, and deeply human, leaving audiences feeling seen, validated, and equipped with tools they can actually use. Her ideas have been shared through conferences, organizations, and a widely followed podcast, and most recently through her [TEDx work exploring the ripple effects of wellness.](#)



# Speaking Topics

## KEYNOTES

### **The Ripple Effect of Wellness: How Small Actions Create Big Shifts**

Inspired by Dr. Ashley's TEDx work, this keynote explores how wellness is shaped less by massive change and more by small, intentional actions that ripple through individuals, teams, organizations, and communities. Audiences are invited to rethink wellness as influence rather than optimization, and to understand how environment, connection, and design shape outcomes over time.

Format: 45–90 minutes

### **When More Isn't the Answer: Rethinking Burnout, Capacity, and Performance**

Burnout isn't a motivation problem — it's a capacity problem. This keynote challenges the deeply ingrained belief that better outcomes come from more effort, more resilience, or more personal responsibility. Dr. Ashley helps audiences understand how capacity gets depleted, why "doing more" often backfires, and what sustainable performance actually requires.

Format: 45–90 minutes

## WORKSHOPS & INTERACTIVE SESSIONS

### **Building Capacity in High-Stakes Environments**

Designed for teams working under pressure, this interactive session explores how fatigue, cognitive load, and chronic stress affect performance, decision-making, and safety. Participants learn how to recognize early signs of depletion and apply realistic strategies to protect capacity without slowing down or lowering standards.

Format: 60–90 minutes | Interactive workshop

### **The Burnout Bank Account: Understanding Energy, Load, and Recovery**

This highly engaging workshop introduces Dr. Ashley's Burnout Bank Account framework, helping participants understand burnout as a balance of deposits and withdrawals. Through discussion and reflection, participants learn to identify early warning signs of depletion and practical ways to restore capacity in seconds, minutes, and intentional time.

Format: 60–90 minutes | Interactive workshop

### **Designing Work That Doesn't Drain People**

Burnout is often created unintentionally through how work is designed. This workshop shifts the focus from individual coping to systems-level awareness, helping teams and leaders identify hidden drains in workflow, communication, and expectations — and explore small design changes that protect both people and performance.

Format: 60–90 minutes | Facilitated workshop



## WHAT MAKES THESE SESSIONS DIFFERENT?



- Research-backed and grounded in real-world application
- Designed for high-demand, high-performance environments
- Focused on capacity and sustainability, not just coping
- Practical tools that fit into real workdays
- Engaging, relatable delivery with space for reflection and discussion
- Not another “wellness” session

## VALUES & IMPACT

Dr. Ashley’s work is rooted in the belief that wellness is not just personal — it is relational and environmental. Her sessions are designed to create meaningful impact that extends beyond the event itself, supporting healthier teams, stronger organizations, and more sustainable ways of working.

## What People Are Saying

“Dr. Ashley is an incredible speaker — thoughtful, articulate, and genuinely engaging. She brings humour and depth in a way that empowers audiences to think differently about wellness and capacity. Her work has a lasting impact.”

*Amanda Devison*

“Dr. Ashley was relaxed, knowledgeable, and extremely engaging. She spoke to our team about fueling the body to support energy, and the feedback afterward was unanimous — this was the best lunch-and-learn we’ve hosted. A truly captivating speaker we could have listened to for much longer.”

*Jody Sampson*

AS SEEN IN THE GLOBE AND MAIL\*

COSMOPOLITAN

BUSINESS  
INSIDER

Forbes

## LOGISTICS AT A GLANCE

- Formats: Keynotes, workshops, facilitated discussions
- Duration: 45–90 minutes
- Audience Size: Scalable for small groups to large conferences
- Delivery: In-person or virtual



I help organizations & associations rethink burnout, capacity, and sustainable performance — without asking people to just “do more”.



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## GET IN TOUCH

For availability, rates, and booking inquiries.

— Dr Ash