



**DR. ASHLEY MARGESON**

**Leading Authority on Workplace Well-Being | Burnout Prevention  
Specialist | Trusted Expert in Energy Management**

Dr. Ashley is a nationally recognized expert who equips teams, leaders, and organizations with the science-backed strategies they need to manage stress, optimize performance, and sustain energy—because success shouldn't come at the cost of burnout.

A sought-after speaker, Dr. Ashley Margeson specializes in evidence-based strategies and delivers engaging, actionable talks that empower leaders and organizations to integrate sustainable self-care into their busy lives. She debunks the myths of work-life balance to improve productivity and foster long-term well-being.

Host of the acclaimed podcast *The Superwoman Code*, Dr. Margeson shares cutting-edge insights on health, hormones, and high performance, with over 100,000 downloads in 2024 alone. Her expertise has been featured in *The Globe and Mail*, *Cosmopolitan Magazine*, *Business Insider*, *Forbes*, *Parents Magazine*, and *Shondaland*, and she is a frequent guest on *Global* and *CTV Morning Live*.

Dr. Ashley Margeson understands the challenges faced by today's professionals and provides research-driven strategies to help them succeed without sacrificing well-being. Whether addressing corporate teams, industry leaders, or entrepreneurs, she equips audiences with the tools to build resilience, avoid burnout, and optimize performance for long-term success.