

Megan McDonough

leadership & well-being expert

Co-founder and CEO of Wholebeing Institute

Helping individuals, teams, and organizations instill positive change.



Down-to-earth presentations with high impact:

How Ideas Spread (Including Yours) Every innovation—from drug development to yoga to positive psychology—follows a similar path to acceptance. Knowing that path helps leaders, pioneers, and entrepreneurs make a positive impact in the shortest possible time.

A Minute for Me: Learning to Savor Sixty Seconds The high price for trying to get everything done is becoming undone yourself. Learn simple yet powerful steps to reduce stress, create a more self-directed life, and transform a crazy schedule into a deeper sense of fulfillment—in sixty seconds or less.

Four Steps for Living with EASE Life is not a sprint to the finish line; it's meant to be savored and fully experienced. Learn to stay energized to reach long-term goals while balancing the immediate demands of day-to-day life and developing self-leadership—the ability to create and control your own inner experience while contributing to the overall good.

Diagnosing Happiness There's no diagnostic code for happiness in healthcare. The “What's wrong?” perspective of the current healthcare system focuses on pathology, disease, and illness. Learn how diagnostic imaging has informed the latest science of Positive Psychology, providing insight into what contributes to flourishing—and the potential to shift perspective to “What's working well?” for individual and societal health and well-being.

Clients

Partial list of speaking engagements:

American Cancer Society

Association for Medical Imaging Management

Institute for International Research

Kripalu Center for Yoga & Health

National Association of County and City Health Officials

Providence Health Systems

Society of Nuclear Medicine

UMASS Medical Center

Vital Learning

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Head above the clouds. Feet on the ground.

People with big ideas face a constant challenge: how to transform that vision into a new and better reality. Whether it's change in your personal life or success in your business, vision needs action (and rest) to manifest.

Your guide: Megan McDonough.

Megan is an explorer at heart, uniquely prepared by her own professional and personal adventures to help you navigate the tricky path between dreaming about what's at the summit and actually climbing the mountain.

Mastery of "how to get from Point A to Point B" is her trademark, using divergent thinking and creative perspectives to build organizations and networks that harness the best in people for the greatest good.

This yoga-teaching mom's get-it-done approach distills 20+ years of sales and marketing leadership in the largest healthcare companies on the globe, entrepreneurial success in health and wellness consulting, top training in online learning, and award-winning writing, for actionable keynotes that make a lasting impact.

"Megan's work is top notch. She has helped hundreds of practitioners put themselves successfully into the world."

- Michael Lee, Founder - Phoenix Rising Yoga Therapy



"Hiring Megan brought impressive results. She infused the meeting with joy, clear vision, and a 'can do' attitude, serving our more than 2300 members."

-Vandita Kate Marchesiello,
Kripalu Center for Yoga & Health

"Megan is a dynamic presenter who has a natural ability to connect with people. She is bright, witty and engaging – all of which make her an extremely energetic and motivating speaker."

- Patti McKone,
American Cancer Society



Megan's friendly, fun, and down-to-earth presentation style comes from a commitment to mindful living, focusing on three action-oriented outcomes for attendees:

Get clear with yourself - and others - to get it done

Take the natural next step

Fast-track past the status quo

