

Tracy Doyle

Keynote Speaker | Award-Winning Author | Resilience Coach



She built a multimillion-dollar company. Then burnout forced her to rebuild herself.

Tracy Doyle is a resilience coach, award-winning author of *Life Storms: Finding Your Clear Sky*, and the creator of the Aurora Method. A successful entrepreneur, she founded and led an award-winning company, leading her team to generate over one hundred million in business across two decades. Known for her brilliance as a CEO, she also learned firsthand the hidden cost of sustained high performance: **burnout**. That breaking point became the catalyst for her greatest purpose.

A former CEO turned emotional wellness advocate, Tracy now helps professionals break unconscious patterns keeping them stuck in relationship conflicts and emotional burnout — and move from emotional reactivity to clarity, calm, and confidence.

She bridges intellect with emotional truth, showing audiences that emotional clarity is the foundation of effective leadership at work and at home. Her work resonates with executives, entrepreneurs, and women in leadership ready to restore clarity and lead with both strength and presence.

Speaking Topics

From Burnout to Breakthrough

Why Doing More Isn't Working—And What to Do Instead

Burnout hides behind competence. Tracy shares her personal reckoning and reveals The Reaction Cascade—the unconscious belief-driven pattern that fuels burnout and relationship conflicts—and a practical path to break it.

The Hidden Cost of High Performance

What Burnout Really Costs—And How to Stop Paying the Price

High performance has a hidden breaking point—and it doesn't look like burnout. It looks like conflict. This keynote reveals how burnout shows up in workplace dynamics, why it's a retention and performance risk, and how individuals can spot and interrupt the patterns before they become costly.

The Silent Cost of Leading Under Pressure

And the Way Back to a Team that Trusts You

Under pressure, leaders fall into the same self-protective patterns as everyone else, but the fallout lands on an entire team. This keynote shows leaders how those patterns quietly erode trust and diminish culture, and gives them a practical way to lead with more self-awareness, steadiness, and connection.



Audience & Events

- Professional Association Conferences
- Professional Association Breakouts or Chapter Meetings
- Professional and Personal Development Summits
- Professional Women's Events
- Wellness and Burnout Recovery Events
- Women's Leadership Conferences

Booking & Media Inquiries

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To request an interview, book Tracy for an event or appearance, or request additional press materials, reach out to letsconnect@tracydoyle.life

OR VISIT HER
BOOKING LINK

