

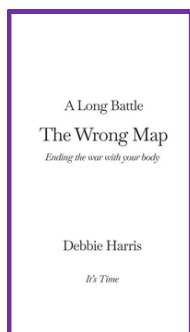


Debbie Harris

**TEDx Speaker · Keynote Speaker · Founder of 30 to Life ·
Author · Media Guest**

Debbie Harris is the founder of 30 to Life and author of *Dieting Sucks for Women Over 40*. Blending science, psychology, and storytelling, she helps women over 40 break free from diet culture, and helps organizations understand why they keep losing one of their most valuable people. She's been a guest on podcasts and radio, speaks from the keynote stage, and is a contributing author to *Unshakeable Leadership* and *Womenopause*. A 2026 TEDx speaker, her talk video releases soon.

Popular Keynotes



THE WRONG MAP

Why So Many Midlife Women Think They're Failing

Women are constantly told to push harder, stay disciplined, and find the "right" solution. But what if the problem was never them? In this powerful keynote, Debbie reveals how women have been navigating life using outdated expectations and systems never designed for their changing bodies, hormones, priorities, and emotional realities. Through science-backed insight and honest storytelling, she helps audiences replace shame with clarity, self-trust, and freedom.

IDEAL FOR · WOMEN'S CONFERENCES ·
HEALTHCARE · WELLNESS



YOU ARE NOT BROKEN

Reframing Midlife, Identity & The Pressure to Fix Yourself

For decades, women have been conditioned to believe they are a constant self-improvement project.

This warm, humorous, and deeply validating keynote helps audiences break free from diet culture, perfectionism, emotional exhaustion, and the endless pressure to "fix" themselves. Debbie offers a refreshing conversation about self-worth, identity, emotional healing, and what becomes possible when women stop waging war against themselves.

IDEAL FOR · WOMEN'S & WELLNESS EVENTS ·
RETREATS · COMMUNITY



THE MIDLIFE WORKFORCE REVOLUTION

Why Companies Can't Afford to Ignore Women in Transition

Organizations are quietly losing some of their most experienced, emotionally intelligent, and capable leaders, and many don't understand why.

Debbie connects the dots between menopause, burnout, workplace culture, identity shifts, and retention challenges impacting women in midlife. This keynote equips leaders and organizations with a deeper understanding of what women are navigating and what workplaces must do to retain wisdom, leadership, and institutional knowledge.

IDEAL FOR · CORPORATE · HR · LEADERSHIP
SUMMITS



THE GENERATIVITY ADVANTAGE

Why Midlife Women May Be the Most Undervalued Leadership Asset

At the exact moment many women begin doubting themselves, they are often stepping into their most powerful season of influence, wisdom, and leadership. Debbie reframes midlife as a period of expansion rather than decline, helping organizations and audiences recognize the extraordinary value women bring through lived experience, emotional intelligence, resilience, and mentorship.

IDEAL FOR · LEADERSHIP CONFERENCES ·
SUMMITS · HIGHER ED

Podcast & Media Conversation Topics

Career, Wellness & Midlife Conversations That Resonate

Debbie is a sought-after guest for podcasts, panels, radio, television, and women-focused media conversations discussing:

- Menopause & workplace retention
- Emotional eating & body image
- Midlife identity shifts
- Women's leadership & burnout
- Self-worth beyond productivity
- Diet culture & emotional wellness
- Reinventing life after 40
- Women's health advocacy
- Confidence, aging & purpose
- The emotional realities women are rarely allowed to discuss openly
- Reinventing life after 40
- Women's health advocacy
- Confidence, aging & purpose
- The emotional realities women are rarely allowed to discuss openly

Available for:

- Podcasts
- Corporate Panels
- Media Interviews
- Wellness Summits
- TEDx & Conference Conversations
- Leadership Roundtables

Previous & Ideal Audiences

Women's Leadership & Wellness Audiences

- Women's Leadership Conferences
- Wellness Retreats
- Women's Empowerment Events
- Midlife Communities
- Personal Development Organizations
- Coaching & Wellness Brands

Corporate & Organizational Audiences

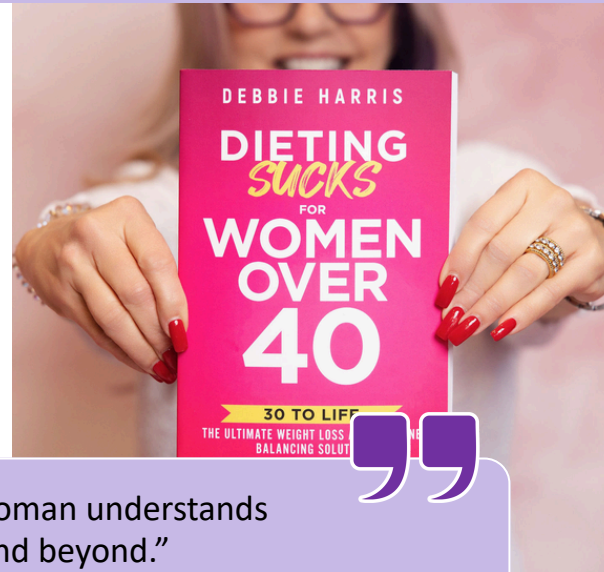
- HR Leadership Teams
- Corporate Women's Networks
- Healthcare Organizations
- Leadership Development Programs
- Diversity & Inclusion Initiatives
- Executive Leadership Events

Media & Educational Platforms

- Podcasts & Radio
- TEDx Events
- Higher Education
- Community Health Organizations
- Television Interviews
- Wellness & Lifestyle Media

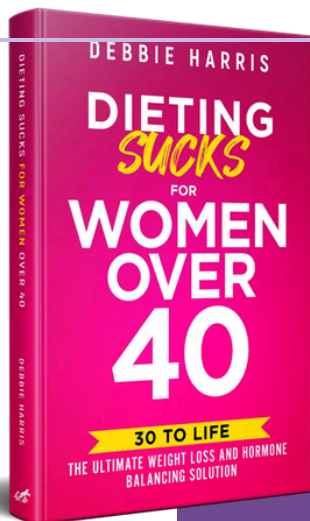
Why Audiences Remember Debbie

- Blends science, psychology, and storytelling into talks that truly connect
- Creates emotionally safe, empowering conversations for women
- Makes complex hormone and health topics easy to understand
- Speaks candidly about menopause, weight, emotional eating, and identity
- Encourages audiences without shame, judgment, or perfectionism
- Brings warmth, humor, honesty, and actionable insight to every stage
- Helps organizations understand the unseen challenges impacting women in leadership



"I see a world where every woman understands and thrives through midlife and beyond."

- Debbie Harris



Publications & Leadership Recognition

- Dieting Sucks for Women Over 40
- Contributor to Unshakeable Leadership
- Contributor to WOMenopause
- Founder of 30 to Life
- 2026 TEDx Speaker

