

DANA SKAGGS

Queen of Boundaries

CORPORATE KEYNOTE SPEAKER | AWARD-WINNING PODCASTER | LEADING PSYCHOTHERAPIST



ABOUT DANA

Dana Skaggs, M.A., is a psychotherapist, keynote speaker, and Queen of Boundaries. With 15+ years of experience, she helps professionals set boundaries, break free from people-pleasing, and prevent burnout. She hosts the award-winning Phoenix and Flame podcast and is a frequent guest on ABC affiliate WJHL.

WORKSHOPS

Dana Skaggs delivers interactive workshops that help corporate teams set healthy boundaries for better productivity and collaboration. Using her *Boundaries Blueprint*, she provides actionable tools to combat burnout, reduce turnover, and create a resilient workplace culture.

KEYNOTE PRESENTATION

“Yes, No, and Everything in Between: Finding Your Perfect Balance at Work”

In this powerful keynote, Dana Skaggs takes a deep dive into the complexities of workplace dynamics and teaches professionals how to set boundaries that enhance career success and personal well-being. This is more than just a talk on work-life balance—it’s a guide to navigating high expectations, managing up, and improving team collaboration without overcommitting or burning out.

Through compelling stories, science-based strategies, and actionable techniques, Dana equips her audience to:

- Manage workload pressures while maintaining strong performance.
- Improve relationships with colleagues and leadership.
- Master the art of saying “no” without damaging relationships.
- Build resilience against stress and burnout.

Dana’s keynote delivers actionable takeaways that corporate teams can implement immediately to create a more balanced and productive work environment.

WHY CORPORATE LEADERS HIRE DANA

Dana addresses critical workplace issues like burnout and employee retention with practical, science-backed strategies. Companies that invest in her presentation gain teams that are empowered, engaged, and better equipped to manage workplace challenges. Her insights drive measurable change, helping organizations foster resilience, collaboration, and long-term success.

“Learning that it’s okay to say no and to focus on my own ‘yard’ was my biggest takeaway. It completely shifted my perspective!”

— Millie Hanson

LET'S TALK BOUNDARIES

WHY DANA IS A GREAT MEDIA & PODCAST GUEST

Dana Skaggs, the “Queen of Boundaries” and host of the award-winning podcast Phoenix and Flame, is a dynamic and engaging guest who brings humor, therapeutic insight, and practical advice to every conversation. Known for her ability to tackle tough topics with compassion and honesty, Dana shares personal stories and science-backed strategies that inspire audiences to transform their lives.

As a media guest, Dana:

- **Provides Value:** She equips listeners with actionable tools to let go of people-pleasing, avoid burnout, and set healthy boundaries.
- **Engages Audiences:** Dana’s candid style, infused with snarky humor and thought-provoking questions, captivates listeners and keeps them coming back for more.
- **Shares Her Expertise:** With over 15 years as a psychotherapist, Dana delivers science-backed insights on mental health, workplace dynamics, and relationship struggles.
- **Inspires Transformation:** Her boundary-setting expertise resonates with audiences who want to reclaim their energy, time, and well-being.

Podcast hosts rave about Dana’s energy and relatability:

“Dana is a fearless Queen of Boundaries who speaks to the hearts of the people. She literally set our studio on fire ... I highly recommend her!”

— MDNTV The Podcast

“Dana is an amazing guest who shares her personal story with honesty and compassion. She truly is the sassy psychotherapist, Boundary Queen, and a warrior for mental health.”

— The FemiNinja Project

“Dana was a blast to have on the show! She has great stories and conveys her message clearly and effectively for your audience!”

— Finish Last Podcast

If you’re looking for a bold, insightful, and entertaining guest who delivers value to your audience, Dana Skaggs is the perfect choice.



FEATURED ON



TESTIMONIALS

“Dana’s presentation helped me realize the power of setting emotional boundaries at work to improve success and collaboration.”

— Eddie

“Dana’s insight on ‘boomerang thoughts’ really hit home. I now have the tools to confront lingering issues and finally let them go.”

— Trudy Newbeck
TURSA National Conference

“Dana’s yard metaphor was eye-opening—understanding what’s within my control and what isn’t will change how I handle challenges.”

— Matt Lale
Virginia Cooperative Extension

CONTACT

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