



Introducing Dana Skaggs

Dana Skaggs, M.A. is a psychotherapist, keynote speaker, and widely recognized as the Queen of Boundaries.

With more than 15 years of experience, she empowers professionals to set healthy boundaries, break free from people-pleasing, and prevent burnout. Dana is the host of *Phoenix and Flame*, a podcast ranked in the top 5% globally, and a frequent guest on ABC affiliate WJHL. She also hosts the Johnson City Mic Drop Club.

Signature Keynote

In this powerful keynote, Dana Skaggs takes a deep dive into the complexities of workplace dynamics, showing professionals how to set boundaries that strengthen both career success and personal well-being.

This is more than a talk on work-life balance—it's a practical guide to navigating high expectations, managing up, and fostering team collaboration without overcommitting or burning out.

Companies that invest in Dana's keynote gain:

- Employees with stronger work-life balance and productivity.
- Teams that are engaged, empowered, and collaborative.
- Leaders equipped with science-backed strategies to reduce burnout and turnover.

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



Interactive Workshops

Dana delivers interactive workshops that equip corporate teams to set healthy boundaries, boosting both productivity and collaboration.

Guided by her signature Boundaries Blueprint, she provides practical tools to prevent burnout, reduce turnover, and foster a resilient, high-performing workplace culture.

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*Dana was **outstanding**. She engaged the audience with humor and insight, focusing on mental health in a way that resonated deeply.”*

– Cindy Winchester, University of Tennessee Extension



Why Corporate Leaders Choose Dana Skaggs

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.

Testimonials

"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

"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, TERSSA 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

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



Media & Podcast Features

Beyond the stage, Dana brings her boundary-setting expertise and dynamic style to media and podcasts worldwide. An unforgettable guest, she blends humor, therapeutic insight, and practical advice with compassion and honesty—sharing stories and science-backed strategies that inspire lasting change.

As a media guest, Dana:

Provides Value: Equips listeners with tools to release people-pleasing, prevent burnout, and set healthy boundaries.

Engages Audiences: Captivates with candid conversation, snarky humor, and thought-provoking questions.

Shares Expertise: Offers 15+ years of psychotherapeutic insight on mental health, workplace dynamics, and relationships.

Inspires Transformation: Empowers audiences to reclaim their energy, time, and well-being.

If you're looking for a bold, and entertaining guest who brings real value to your audience, Dana is the perfect choice.

Contact



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