

Keynote Speaking with *Dr. Donna Pontoriero, DC*

Helping people understand what's really holding them back — and what to do next.

Dr. Donna A. Pontoriero, DC is a healthcare professional, educator, speaker, practice owner, business mentor, and Co-Founder of the Inspire Weight Loss Franchise with more than 30 years of experience. Through the Dr. Donna Institute, she helps midlife women understand their changing bodies and helps health and wellness professionals build stronger, more effective practices.

CREDENTIALS

Doctor of Chiropractic · 30+ years

Owner, Inspire Weight Loss Nutley

Co-Founder, Inspire Weight Loss Franchise

Private practice owner

Program & protocol developer

Trainer of health & wellness teams

Lost 120+ lbs through nutrition & exercise

SIGNATURE TALKS

FOR MIDLIFE WOMEN

- **Why Your Body Changed and What Actually Works Now**
Midlife metabolism, weight, energy, and sleep — without shame.
- **It Was Never About Willpower**
The real reasons change fails, and structures that make it stick.
- **Coming Back to Yourself in Midlife**
Confidence, identity, and priorities after years of caring for everyone else.

FORMATS

- Keynote — 45–60 minutes, main stage
- Breakout / workshop — 60–90 minutes, interactive
- Half-day training for teams and practice owners

IDEAL AUDIENCES

- Conferences and association meetings
- Franchise and practice-owner events
- Health and wellness industry trainings

FOR HEALTH & WELLNESS PROFESSIONALS

- **Consultations That Convert Without Pressure**
Communicate value, handle hesitation, earn commitment ethically.
- **From Service to System**
Turning what you do well into a repeatable, teachable model.
- **Leading a Team That Keeps Clients**
Hiring, training, and retention that don't depend on the owner.

- Panel or moderated fireside Q&A
- Virtual / webinar for distributed audiences
- Corporate wellness lunch-and-learn

- Corporate wellness programs
- Women's leadership and networking events
- Women's health and community events

WHAT AUDIENCES TAKE AWAY

Make complicated things understandable, make information useful, and give people something they can actually do with what they have learned. Every talk is tailored to your event, audience, and time slot.