

ASH MCDONALD



ENTREPRENEUR, KEYNOTE SPEAKER, PANELIST, AND PODCAST GUEST

*No one needs to hear another talk on “slowing down” or
“being mindful.” (barf.)*

When you bring me in to speak to your community, I’m going to put a
spotlight on all the societal bullshit that’s been telling the women in your
audience they can’t be badasses who can do whatever the fuck they want.

YOU in?



SHAMELESSLY AMBITIOUS® PODCAST · 200+ EPISODES ➔

HOW WE WORK TOGETHER

Here's how you can bring them a speaker they won't roll their eyes at.



01 CHOOSE YOUR STAGE

Keynote or Panel
Virtual or in person

Workshop or Retreat
Intimate, embodied facilitation

Podcast Interview
Bold, honest conversation



Available for virtual or in-person engagements. Based in Colorado and available for travel!

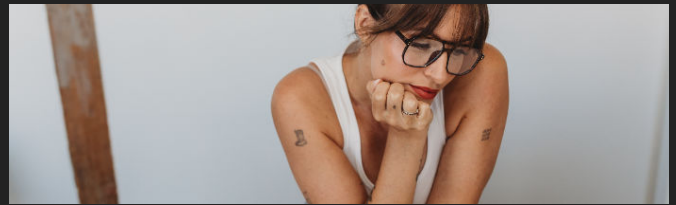
02 CHOOSE YOUR TOPIC



When Self-Growth Becomes Self-Destruction

The hidden psychology of high-functioning burnout in highly ambitious women

So many incredibly competent, “I can do it all” women are dealing with high-functioning burnout, and they don’t even know it — let alone where it’s coming from. That stops now.



The Rise of the “Palatable” Woman

Why high-achieving women are taught to fear their own ambition

This talk explores what it looks like to build a big, full life without abandoning yourself. It’s for women who don’t want to do less or slow down — and need to hear there’s nothing wrong with that.

Have another idea? Tell me what you’re thinking when you inquire.

However they hear me, your audience leaves steadier than they came.

BRING ME IN ↗

MEET ASH

Hi, I'm Ash – the Entrepreneur's Therapist, a mom of three, and the keynote speaker your audience will be raving about for years to come.

**seriously, it*s
happened before**

I may have a background as a therapist – with an actual master's degree in my craft – but I'm anything but calm, beige, and neutral.

I've built, run, and sold businesses while birthing and raising three babies and living through plenty of loss. I've tried the slow living, the sabbaticals, and the “do less” lifestyles – and I'm here to call bullshit.

So whether you bring me in to help your audience identify & dismantle high-functioning burnout, or empower them to take back their ambition without the shame, you're giving them a gift – one that has the power to fundamentally alter their lives. *Damn, they're so lucky they've got you!*



► BOOK ME AS YOUR NEXT GUEST ➤

HEAR ME ON THESE PODCASTS

Press play on a few of my favorite interviews

tap a cover
to press
play

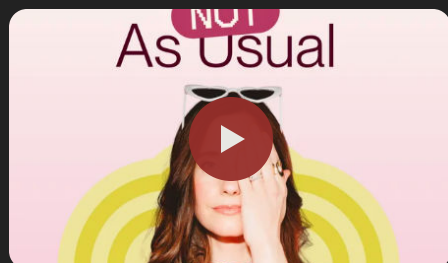


SEEN with Bryn Daylor

"Your hustle's not toxic"

JUN 24, 2026

[LISTEN ↗](#)

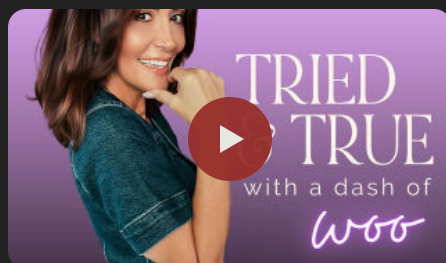


Business Not as Usual

Why You Can't Turn Your Brain Off

APR 1, 2026

[LISTEN ↗](#)



Tried & True / Dash of Woo

High-Functioning Burnout, Unmasked

FEB 4, 2026

[LISTEN ↗](#)



Modern Direct Seller

The Burnout No One Talks About

JAN 27, 2026

[LISTEN ↗](#)



Happily Hormonal

Why Being Productive Isn't Actually Helping

JAN 19, 2026

[LISTEN ↗](#)



Entrepreneur School

I Quit Social Media and My Business Got Better

JAN 13, 2026

[LISTEN ↗](#)



Marketing Unfiltered

Breaking the Cycle of High-Functioning Burnout

SEP 15, 2025

[LISTEN ↗](#)

HEAR ME ON THESE PODCASTS TOO

[How Moms Make It Work](#)

[H.O.T. Talks](#)

[6 Figure Secrets](#)

[What Would They Do?](#)

WHAT HOSTS & AUDIENCES SAY

The kind of talk people are still quoting a week later.



“Her story cracked something open in me and in my listeners.”

Having Ash on the podcast felt like the kind of conversation you walk away from still thinking about days later. She doesn't just answer questions, she brings nuance, honesty, and storytelling that shifts the entire conversation. It felt like therapy, storytelling, and mentorship wrapped into one.

CORRIE MYERS · HOST, HOW MOMS MAKE IT WORK



“Within minutes, she had our entire audience nodding, tearing up, and taking notes all at the same time.”

Ash met everyone right where they were — real, raw, and refreshingly honest. She didn't just leave us feeling something; she gave us actual tools to start thriving again in our businesses and our lives.

BECKY LAUNDER · CEO, MODERN DIRECT SELLER

“Ash's words changed the way I show up for myself.”

It's rare to leave a workshop and have the takeaways still shaping how you move through your life a week later — but that's exactly what happened.

WORKSHOP PARTICIPANT

Give your audience the talk they'll keep quoting

BOOK ME ↗

O 4 SPEAKING INVESTMENT

Choose the collaboration that fits your event.



\$ 2 4 7

Virtual guest coaching on one of my two signature topics.

\$ 5 4 7

Virtual guest coaching on a custom topic of your choosing.

\$1,247

In-person event up to 60 minutes (plus travel, if applicable).

\$1,547

Custom 60-minute in-person event (plus travel, if applicable).

*And podcast interviews
are always free.*

LET'S DO THIS ↗

It's time to press play on a life where
you can feel content in the chaos.

Let's elevate your event.

*Bring me in to give your audience the real
and the raw – permission to stop shrinking
and lead from steadiness.*

Tell me the what, when, and where – and I'm there.

CONTACT ME ↗

xo, Ash



WEBSITE

ashmcdonaldmentoring.com ↗

LISTEN

Shamelessly Ambitious® Podcast ↗