

Speaking & Workshop Overview

Dr. Megan Lyons

Dr. Megan Lyons delivers high-energy, science-backed presentations that empower attendees to take control of their health, boost productivity, strengthen physical and cognitive vitality, and build sustainable energy.

A Doctor of Clinical Nutrition, Double Board Certified in Clinical and Holistic Nutrition, and an Institute for Functional Medicine Certified Practitioner (IFMCP), Megan combines deep expertise with the relatability of her corporate background and over a decade of coaching experience. She has shared her interactive, action-oriented style with hundreds of audiences worldwide, consistently earning outstanding feedback for making complex science engaging, practical, and fun.

Keynote presentations include:

- ★ **The Cognitive Athlete: Metabolic & Mindset Levers for Elite Focus**
- ★ **Burnout back to Brilliance: A Science-Backed System to Recharge Energy**
- ★ **Women's Hormonal Health & The Menopause Advantage: Thriving Through Every Stage**
- ★ **Metabolic Resilience for Busy Humans**
- ★ **Building Healthy, Resilient Brains: Nutrition & Lifestyle Strategies for Cognitive Performance**
- ★ **WAKEUP + GO: The 8-Minute Morning Routine that Will Change Your Life**
- ★ **SOS (Smoothing Out Spikes): Blood Sugar Stability for Peak Productivity**
- ★ **Making the Most of Your Time: Science-Backed Habits for Energy, Focus & Productivity**
- ★ **Longevity for Leaders: Five Daily Behaviors with the Best ROI on Healthspan**
- ★ **A Gut Feeling that Something is Off: Strategies to Improve Gut Health**



Signature Keynote Presentations, 2026

The Cognitive Athlete: Metabolic & Mindset Levers for Elite Focus

Science-backed strategies to optimize mental clarity, motivation, and performance.

Discover how nutrition, movement, and stress physiology shape cognitive endurance and focus. Dr. Lyons simplifies complex biochemistry into actionable tools that help busy professionals sustain attention, boost creativity, and perform at their best—without burning out.

Burnout back to Brilliance: A Science-Backed System to Recharge Energy

Transform exhaustion into sustainable vitality.

Using a proven framework rooted in functional nutrition and stress recovery science, Dr. Lyons teaches audiences to restore energy, rebalance hormones, and build lasting resilience. Attendees leave recharged and ready to lead with clarity, confidence, and purpose.

Women's Hormonal Health & The Menopause Advantage: Thriving Through Every Stage

An empowering roadmap for hormonal balance, vitality, and peak performance.

From perimenopause to menopause and beyond, this session demystifies hormonal shifts and their effects on energy, cognition, and mood. Dr. Lyons shares practical nutrition, movement, and mindset strategies that help women—and those who lead or support them—thrive through every life stage.

Metabolic Resilience for Busy Humans

Everyday strategies to stabilize energy, mood, and focus.

Learn how small daily choices can dramatically improve blood sugar stability, cortisol rhythms, and stress adaptation. This practical, science-based session gives attendees realistic tools to feel more energetic, focused, and balanced—no matter how hectic life gets.

Building Healthy, Resilient Brains: Nutrition & Lifestyle Strategies for Cognitive Performance

Feed your brain for focus, calm, and creativity.

This engaging keynote explores the connection between gut health, nutrient density, and mental performance. Dr. Lyons equips audiences with simple, evidence-based habits to improve memory, stress tolerance, and mood while protecting long-term brain health and reducing risk of cognitive decline.

WAKEUP + GO: The 8-Minute Morning Routine That Will Change Your Life

Eight research-backed habits that prime body and brain for all-day energy.

Based on Dr. Lyons' signature framework, WAKEUP + GO blends movement, mindfulness, hydration, and intention-setting into a quick and powerful morning ritual. Attendees walk away motivated and equipped to start their days with focus, positivity, and momentum.

SOS (Smoothing Out Spikes): Blood Sugar Stability for Peak Productivity

Flatten crashes, reduce anxiety, and build all-day energy.

Grounded in metabolic science, this talk reveals how to stabilize glucose and cortisol through strategic nutrition, timing, and recovery. Audiences leave with practical ways to enhance focus and emotional stability—without deprivation or gimmicks.

Making the Most of Your Time: Science-Backed Habits for Energy, Focus & Productivity

Work smarter by managing your energy, not just your hours.

This high-demand keynote merges physiology with performance psychology to help professionals stay sharp and productive. Dr. Lyons shares realistic, data-driven strategies to optimize brain function, reduce decision fatigue, and achieve more with less stress.

A Gut Feeling That Something's Off: Strategies to Improve Gut Health

Digestive health as the foundation for energy, hormones, and mood.

Dr. Lyons unpacks the gut-brain axis and explains how microbial balance affects everything from metabolism to mental health. Attendees learn the core nutrition and lifestyle habits that restore gut integrity, reduce inflammation, and support total-body vitality.

Speaking Engagements

Keynote Presentation

A high-energy, science-backed keynote that delivers practical strategies your audience can use immediately to improve focus, energy, and overall well-being. Every presentation is customized with real-world examples for your group, blending credibility with relatability. Whether delivered on the main stage or in a more interactive workshop format, Megan's style makes complex science engaging, actionable, and fun.

Half-Day Workshop

An immersive, interactive session designed to translate wellness concepts into lasting behavior change. Participants will identify their highest-impact health habits, set realistic goals, troubleshoot barriers, and build accountability strategies. By the end of the workshop, attendees walk away with a personalized action plan and the confidence to apply it in daily life.

Full Day Intensive (Keynote + consultations)

A comprehensive wellness experience combining a keynote presentation with personalized functional medicine consultations. After the keynote, up to eight participants receive 25-minute one-on-one sessions with Dr. Lyons, offering tailored strategies and actionable guidance. This format blends education with individualized guidance, ensuring broad impact for the group and deep value for select team members.

Quarterly Series

A year-long engagement that keeps wellness top of mind and momentum high. Each quarter, your team experiences an interactive keynote focused on timely health and performance strategies. The series provides ongoing touchpoints that reinforce behavior change, create accountability, and deliver fresh, science-backed tools throughout the year.

Price & Payment Structure

Speaking engagements are priced in the packages outlined below. Compensation is due in full prior to the engagement, or if preferred, 50% seven days before and 50% within seven days of completion. The Client will cover any venue, AV, and catering costs, along with reasonable travel expenses for out-of-area events. Each keynote includes one discovery call and light tailoring for your audience. Additional options—such as a VIP executive Q&A, breakout sessions, extensive customization, or licensing/recording rights—are available upon request and will be quoted separately.

	Virtual	In-Person (Dallas)	In-Person (US, non-Dallas)
Keynote presentation (45-60 minutes)	\$5000	\$7500	\$10,000*
Half-day workshop	N/A	\$12,000	\$14,000*
Full day intensive (Keynote + consultations)	N/A	\$15,000	\$17,000*
Quarterly Series	\$18,000	\$21,000*	\$26,000*

*Price listed denotes base compensation for non-Dallas engagements. Reasonable travel expenses to be covered by Client in accordance with Client's travel policies.

About Dr. Megan Lyons

Dr. Megan Lyons is a Doctor of Clinical Nutrition who has shared her game-changing approach to wellness with tens of thousands of people through her functional nutrition practice, corporate and group wellness programs, and motivational keynotes. As founder of The Lyons' Share Wellness, she helps busy professionals navigate work-life balance conflicts, empowers health enthusiasts to reach their next level, and guides those who have put their health last for years to feel better than they have in decades.

Megan is Double Board Certified in Clinical and Holistic Nutrition, an Institute for Functional Medicine Certified Practitioner (IFMCP), and holds a Doctorate of Clinical Nutrition from the University of Western States. She also received her undergraduate degree from Harvard University, her MBA from Northwestern's Kellogg School of Management, and her Master's in Holistic Nutrition.

Known for her interactive and energetic speaking style, Megan has delivered hundreds of presentations for leading corporations, law firms, hospitals, and national conferences. She also shares actionable and motivational health information with thousands of listeners each week on her popular podcast, Wellness Your Way.

When she's not speaking or supporting clients, you'll find Megan working out, cooking, reading, traveling, tackling crossword puzzles, or cheering on the Dallas Mavericks. She lives in Dallas with her husband Kevin and their two beloved dogs, Maverick and Riley.

By the Numbers

- ★ 12+ years private practice and speaking experience
- 🗣️ 300+ corporate & conference presentations delivered
- 🎧 250+ podcast episodes (150,000+ downloads) shared with global listeners
- 📅 15,000 individual nutrition consultations
- 🌍 Audiences served across the U.S. and internationally

Testimonials

- "Megan's keynote was the highest-rated session of our entire conference. She brings science to life in a way that's both practical and inspiring."
— Conference Director
- "Megan's presentation was my favorite by far. She is engaging, humble, presents her topic clearly, and gave me a wealth of useful information. I am a fan and will always look for her on the roster of speakers."
— Conference attendee
- "Very bright and current with research. Energetic and engaging."
— Corporate retreat attendee
- "This might have been the BEST presentation of the conference. There was so much great info shared. She was a great communicator, loved the whole presentation. A delight!"
— Conference attendee
- "In over a decade of putting on events for our firm, Megan has been one of the most consistent, easiest to work with, and highest rated by our audiences."
— Professional Development Manager, law firm



Representative Former Engagements



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