Courtney Younglove, MD
FOMA, FACOG, DABOM, MSCP

# Signature topics (titles + outcomes)

**1) Health ≠ Morality**
How shame-based health narratives teach women to shrink - in their bodies, careers, and voices - and how medicine, workplaces, and culture can stop reinforcing them.
Ideal audience: women's leadership events, professional associations, health-system leaders

**2) Designing for Strength**
Women in midlife are experienced, high-value talent. Most are hungry to contribute, yet they are leaving the workplace at record rates. Understanding what's broken in the systems they are working in and how to redesign them is the key to optimizing our current and future workforce
Ideal audience: benefits leaders, executive retreats, women's leadership events

**3) Fade or Rise: Rewriting Midlife**
Why midlife is when women are taught to disappear, what the biology actually asks of us, and what happens when we refuse to wait to be taken seriously.
Ideal audience: women's leadership events, retreats, association keynotes

# Formats

- **Keynote**: 45–60 minutes. In-person or virtual.
- **Half-day workshop**: 3–4 hours. Leaders or cross-functional teams
- **Bundle**: Keynote → Workshop → 30-day huddle (45–60 min follow-up) to lock in actions.

**Typical workshop agenda (sample)**

Context + stakes (20) • 2) Core framework + cases (60) • 3) Breakouts: policy/design (60) • 4) Report-backs (20) • 5) 90-day action plan (20)

# Takeaways and deliverables

- Topic slide deck (PDF)
- 90-day action plan template
- Post-event recap + resource links

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## AV and room needs

- Wireless lavalier mic, confidence monitor, HDMI to projector/LED, audio out for video
- Flip charts or whiteboard for workshops
- Reliable Wi-Fi for live polling (optional)

## Travel

- Origin: Kansas City area • Standard business travel • Flexible scheduling

## Booking

Email connect@courtneyyounglovemd.com or submit the contact form: https://courtneyyounglovemd.com/contact-form/

Please include: event date, audience, size, format, goals, budget range.