



MEDIA KIT

ToughLoveMD.expert



Dr Amy Gutman MD, FACEP

EMERGENCY PHYSICIAN
EXECUTIVE ADVISOR
HUMAN OPERATING SYSTEM EXPERT

Dr. Amy Gutman MD, FACEP

EXECUTIVE ADVISOR ON HUMAN PERFORMANCE

Dr. Amy Gutman, MD, FACEP, is a board-certified emergency physician, healthcare executive, author, and researcher who has spent decades making life-or-death decisions under pressure. But her most important diagnosis wasn't in the ER; it was her own. After a personal health crisis exposed the blind spots of modern medicine, she rebuilt her health through metabolic science and uncovered a truth most organizations miss: burnout, poor decisions, and underperformance aren't mindset failures; they're biological ones.

Today, as CEO of ToughLoveMD and an executive advisor on human performance, she works with leaders across healthcare, technology, and enterprise organizations to fix the root causes of human and organizational failures and optimize the human operating system to drive clarity, resilience, and measurable performance. Because when biology is broken, performance follows. And when it's fixed - everything changes.



"Her brilliance lies not only in her deep clinical expertise but also in her fearless ability to communicate hard truths with empathy, clarity, and purpose. Dr. Gutman brings unmatched insight and integrity to everything she does."

Brent Dutka
Judson Marketing Group

MOST REQUESTED SIGNATURE TALKS



LEAD YOUR LIFE LIKE A RESUSCITATION

In the ER, survival depends on clarity and decisive action; there's no room for drift. This talk translates resuscitation principles into leadership and life, teaching individuals and teams how to cut through noise, act with intention, and reclaim control in high-pressure environments.



THE BIOLOGICAL BOTTLENECK: PERFORMANCE IN THE AGE OF AI

As organizations optimize technology, they often overlook the system driving it: the human brain. This talk translates cognitive science into performance strategy, helping leaders reduce error, increase focus, and operate at a higher level in complex, high-demand environments.

RECENT BOOKINGS



COGNITIVE CARDIOVERSION: RESETTING THE STRESSED LEADER'S BRAIN

When leaders operate in chronic stress, their thinking becomes reactive, fragmented, and error-prone. This session shows how to "reset" the brain under pressure; restoring executive function, emotional control, and high-stakes decision-making in real time.



CELLULAR LEADERSHIP: THE HIDDEN BIOLOGY OF BURNOUT AND PERFORMANCE

Most leadership strategies fail because they ignore the biology driving behavior. This talk reveals how stress and metabolic dysfunction impair decision-making and gives leaders the tools to restore clarity, resilience, and performance at the cellular and executive levels.



SUBJECT EXPERT FOR MEDIA

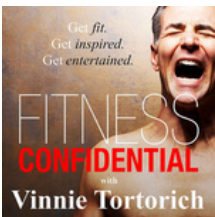
Dr. Amy Gutman is a sought-after subject matter expert on the biological drivers of performance, burnout, and decision-making under pressure, and a frequently rebooked voice across podcasts and other media platforms.

Known for challenging outdated narratives around health and leadership, she replaces them with science that actually works. Whether addressing public audiences or industry leaders, she delivers clear, data-based insights that cut through noise, reframe problems, and shift how people think about performance at every level.

She is available for podcasts, press, panels, and media features across diverse industries and audiences.



AS HEARD ON SPOTIFY, APPLE, YOUTUBE



Fitness Confidential
With Vinnie Tortorich



The Ownership Game
With Gary Montalvo



Decoding Health With
Dr. Urban Kiernan



Mentally Shredded With
Christopher Weedon



"A Unicorn! Imagine blending the adrenaline of saving lives, the strategic mindset of a CEO, and the charisma of a speaker"

Matthew Gray
Award Winning Podcast Host



"Her presence made a significant impact on the success of the event."

Sharon Carter
Manager World Obesity
Conference

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WATCH THE TEDx

www.youtube.com/watch?v=4nW83aIETc8&t=59s

In her TEDx talk, Dr. Gutman reveals how modern healthcare is failing on both sides, driving chronic disease in patients while systematically burning out the physicians meant to heal them. She challenges audiences to confront uncomfortable truths & reclaim health through accountability, metabolic science, and root-cause solutions.



**Patients are hurt
by kind lies**

"I learned so much from you and admire your courage. Such a powerful speech!!"

Danielle Roberts
The Anti-Career Coach

READ THE BESTSELLING BOOK



Available on Amazon, Barnes & Noble Online & ToughLoveMD.expert

Powerhouse Living: Lead Your Life Like a Resuscitation challenges everything you've been told about health, performance, and resilience. A no-nonsense blueprint for applying life-saving principles of emergency medicine to leadership, health, and performance; helping readers reclaim control, restore energy, and lead without burnout.



"A bold motivating guide that encourages taking control of your life with energy and focus. Practical and Empowering."



"More than a self-help book, it's a compelling call to action to live with purpose, empathy, and strength, even in chaos."

ENTERPRISE ENGAGEMENTS



I help organizations reduce costly burnout, improve retention, and enhance decision-making in high-stakes environments, fixing biological drivers of performance & ROI



- **Keynote Experiences:** High-energy, science-driven presentations transforming how teams think about performance, burnout, and resilience
- **Executive Leadership Intensives / Corporate Retreats:** Immersive experiences that integrate metabolic health, stress physiology, and team performance into actionable strategies to elevate leadership under pressure.
- **Workshops:** Practical, implementation-focused sessions that equip teams with tools to improve focus, communication, and execution
- **Consulting Engagements:** Strategic guidance for organizations seeking to reduce burnout, improve retention, and optimize performance at scale
- **Healthcare & Clinical Education:** Grand rounds, CME/CEU lectures, and specialty-specific training for medical professionals and clinical teams
- **Media, Panels & Podcast Appearances:** Expert commentary and thought leadership across health, leadership, and performance-focused platforms



READY TO BOOK?

If performance matters, this is the conversation your organization can't afford to avoid. Equip your leaders to perform under pressure, recover faster, and lead with clarity.

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Dr. G