



*“I reset the disruption leadership training cannot fix.
Because when life becomes unstable,
performance cannot remain consistent.”*



Dr. Tasha Mac is a Transformation Architect, speaker, and the originator of Identity Integration Science™, a groundbreaking approach that reveals what disruption impacts beneath how we perform and lead. Her work focuses on what happens before performance declines.

Known as The Grief Pathway Doctor, she helps high functioning leaders and organizations move from instability to sustainable performance without burnout, mislabeling, or breakdown.

With over 25 years of experience across leadership, training, and business, Dr. Tasha Mac brings both lived experience and structured insight to stages, rooms, and organizations. Her message challenges what traditional leadership, coaching, and mental health models miss and introduces a new way to understand how people truly stabilize, perform, and lead.

She does not motivate audiences
She shifts how they see themselves, their performance, and what has been missing all along.

SIGNATURE SPEAKING TOPICS

Rest. Stabilize. Perform.

Why high performers break down and what no one has explained about sustaining performance.

The Gap No One Has Been Able to Explain

What leadership, coaching, and therapy miss and how it impacts how we show up, perform, and lead.

Before the Breakdown

Understanding disruption before symptoms appear, performance declines, or people are mislabeled.

From Survival to Stability

How to move from hidden strain into sustainable clarity, leadership, and performance

Who This is For:

- Leadership
- Organizations
- Community
- High performing Individuals

Those individuals and leaders navigating disruption.

Every audience is different, but the transformation is consistent



iamcoachtashamac.com



[coachtashamac](https://www.linkedin.com/company/coachtashamac)



[iamcoachtashamac](https://www.instagram.com/iamcoachtashamac)