



Dr. Peggi Trusty

WELLNESS STRATEGIST |
SPEAKER | EXECUTIVE COACH

MEDIA KIT

www.YourWellnessStartsHere.com

Dr. Peggi **Trusty**



Dr. Peggi Trusty is a Wellness Strategist, speaker, executive coach, author, and educator who partners with helping professionals and organizations to pursue excellence without sacrificing wellbeing. With more than 25 years of experience across healthcare, higher education, nonprofit leadership, communication, and spiritual care, she brings a multidisciplinary approach to sustainable performance, leadership, and personal wellness.

At the center of Dr. Trusty's work is a simple belief: Excellence should not require exhaustion. Through her signature Balance Axis™ model—Planning, Prioritization, and Partnership—she helps individuals and organizations move beyond reactive approaches to wellness and intentionally build practices that support both effectiveness and sustainability.

Known for blending practical strategy with storytelling, reflection, and engaging audience experiences, Dr. Trusty equips people to recognize what is draining their capacity, make values-aligned decisions, strengthen support systems, and create healthier ways of working and living. Her work invites people to pursue wellness by design, not by chance.

CREDENTIALS & EXPERIENCE

- Doctor of Ministry in Chaplaincy
- MA, Organizational Communication
- MA, Pastoral Ministry
- BA, Communications
- Certified Executive Coach
- DISC Certified
- Grief Recovery Specialist
- Author of *Excellence Without Exhaustion*
- Creator of the Balance Axis™ model
- 25+ years of experience in healthcare, education, nonprofit, communication, and organizational leadership

Core Frameworks

BALANCE AXIS™

Planning · Prioritization · Partnership

Balance Axis™ is a framework for sustainable excellence built around three dimensions: Planning, Prioritization, and Partnership. It helps individuals and organizations examine how they manage demands, make decisions, protect capacity, and access support. By moving wellness beyond self-care and into everyday systems and choices, Balance Axis™ creates a practical path toward meaningful achievement without making exhaustion the price of success.

Individual Wellness Support Plan™ (IWSP)

A personalized framework that helps individuals identify what they need to remain well, supported, and sustainable. It turns wellness into a practical plan by identifying needs, boundaries, warning signs, resources, and support.

D6 Decision Rhythm™

A structured approach to making thoughtful decisions under pressure. D6 helps people slow reactive patterns, consider priorities and capacity, and make choices that protect both performance and wellbeing.

Emotional Response Continuum™ (ERC)

A five-stage framework: Soaring, Succeeding, Surviving, Struggling, and Suffering—that helps people identify and communicate their current emotional state. It supports greater self-awareness and earlier recognition of when additional support may be needed.

P8 Navigators™

A relationship framework identifying eight forms of support: Promoters, Probers, Partners, Protectors, Perspective-Givers, Practitioners, Peers, and Pushers. P8 helps people recognize strengths and gaps in their support network and build relationships more intentionally.

Excellence Without **Exhaustion**



Available In-Person or
Available on Amazon:
amazon.com/dp/B0H5BYZJRY

Excellence Without Exhaustion is a practical guide for people who are committed to doing meaningful work but no longer want success to come at the expense of their wellbeing. Dr. Peggi Trusty challenges the idea that constant pressure, overextension, and depletion are simply the price of being productive, responsible, or ambitious.

Using the Balance Axis™ approach, the book explores the role of Planning, Prioritization, and Partnership in creating a more sustainable way to work, lead, and live. Readers are invited to examine how they make decisions, manage competing demands, protect what matters most, recognize warning signs, build supportive relationships, and create systems that make wellness more intentional.

Blending practical strategies, reflection, and real-life application, *Excellence Without Exhaustion* helps readers move from reacting to overload toward designing a life that supports both achievement and sustainability. The goal is not to lower standards or stop pursuing excellence, but to develop healthier ways of reaching meaningful goals without sacrificing capacity in the process.

Excellence should not require exhaustion. Wellness can be designed, protected, and practiced with intention.

Ways to Work with Dr. Peggi Trusty

KEYNOTES & SPEAKING

Engaging presentations that blend storytelling, practical strategy, wellness principles, and audience interaction to help individuals and organizations pursue excellence without exhaustion.

WORKSHOPS & TRAINING

Interactive learning experiences that move beyond inspiration into application. Participants explore practical tools for planning, prioritization, decision-making, emotional awareness, support, and sustainable performance.

LEADERSHIP & STAFF DEVELOPMENT

Customized sessions designed to strengthen communication, decision-making, resilience, wellbeing, team building and organizational culture while helping teams build healthier approaches to performance and responsibility.

FACILITATED WELLNESS EXPERIENCES

Guided experiences that create space for reflection, conversation, assessment, and practical planning. Sessions can incorporate Balance Axis™, IWSP, D6, ERC, P8, and other tools based on the needs of the audience.

PANELS, MEDIA & CONVERSATIONS

Available for podcasts, television, radio, panels, interviews, and facilitated conversations focused on workplace wellbeing, burnout, sustainable excellence, grief, resilience, leadership, and helping professionals.

BOOK & AUTHOR EXPERIENCES

Book talks, signings, guided conversations, and interactive experiences built around Excellence Without Exhaustion, including opportunities to pair the book with keynotes, workshops, and organizational learning.

AVAILABLE FORMATS · KEYNOTES · HALF-DAY WORKSHOPS · FULL-DAY WORKSHOPS
· STAFF DEVELOPMENT · MULTI-SESSION PROGRAMS · PANELS · AUTHOR EVENTS

Signature Experiences & Speaking Topics

Best Fit For: Helping professionals, healthcare organizations, educators, leaders, nonprofits, associations, faith-based organizations, and teams navigating high-demand work.



- Excellence Without Exhaustion — Building sustainable success without sacrificing wellbeing
- Balance Axis™ — Planning, Prioritization & Partnership for sustainable performance
- When Capability Isn't the Problem — Recognizing overload, capacity, and the role of support
- Wellness by Design, Not by Chance — Creating systems that make wellbeing sustainable
- The Warning Lights We Ignore — Recognizing early signs of emotional and professional depletion
- Protect, Reduce, Release — Making room for what matters most
- The Myth of Doing It Alone — Building support systems that strengthen performance and wellbeing
- From Surviving to Soaring — Understanding emotional wellbeing through the ERC™
- Planning Without the Pressure — Intentional planning for demanding lives and careers
- Returning Without Shame — Re-engaging after burnout, disruption, loss, or difficult seasons

Audiences I Serve

Dr. Peggi Trusty partners with people and organizations doing meaningful, demanding work, helping them build systems that support excellence without exhaustion.

HEALTHCARE & HELPING PROFESSIONALS

Healthcare teams, social workers, chaplains, caregivers, behavioral health professionals, and others working in emotionally demanding helping roles.

FIRST RESPONDERS & PUBLIC SAFETY

Law enforcement, firefighters, emergency personnel, dispatchers, and public safety professionals navigating high-pressure environments, cumulative stress, and the demands of service.

STUDENTS, EDUCATORS & EDUCATIONAL INSTITUTIONS

College students, student leaders, teachers, school leaders, faculty, staff, and higher education professionals seeking practical strategies for wellbeing, resilience, leadership, sustainable performance, and healthier campus and workplace cultures.

CORPORATE & ORGANIZATIONAL TEAMS

Organizations and leadership teams focused on employee wellbeing, burnout prevention, communication, decision-making, capacity, and sustainable performance.

ASSOCIATIONS, CONFERENCES & PROFESSIONAL GROUPS

Keynotes, workshops, panels, and professional development experiences designed for industry associations, conferences, leadership gatherings, and member organizations.

FAITH-BASED, NONPROFIT & COMMUNITY ORGANIZATIONS

Clergy, ministry leaders, nonprofit professionals, community organizations, and mission-driven teams seeking healthier approaches to leadership, service, resilience, and support.

Recent Speaking & Facilitation Highlights

**Daniel Memorial Institute
2026 National Independent Living
Conference**

Caring Without Depleting: Wellness
Strategies for Helping Professionals
Reston, Virginia

**NASPA National Conference for
College Women Student Leaders**

Leading Without Burnout: Skills for This
Moment and Beyond
College Park, Maryland

**NASW New Mexico Annual Chapter
Conference**

Burnout, Boundaries, and Balance:
Practical Strategies for Sustainable
Social Work
New Mexico

**International Conference on
Transnational Organized Crime &
Terrorism (ICTOCT 2026)**

Operational Sustainability Under
Chronic Exposure: Mitigating Burnout,
Moral Injury, and Decision Fatigue in
High-Risk Professions
Honolulu, Hawaii

**Adventist HealthCare Chaplains
Retreat**

Sustaining Wellness and Performance:
The IWSP Approach
Wellness Facilitator / Presenter
Maryland



**New York State Nurse Practitioner
Association**

Burnout Is a Business Risk: Workforce
Sustainability Among Nurse
Practitioners

On-Demand Professional Development
Presentation

**Women's Ministries Brunch
Women of Strength
Camp Meeting 2026**

Soft Life Living
Featured Guest Speaker
Pine Forge, PA

Women's Day Worship Service

Metropolitan SDA Church
What Shall I Do for You?
Plainfield, New Jersey

What Audiences are Saying

Real feedback from professionals, leaders, and participants who have experienced Dr. Peggy Trusty's workshops, presentations, and wellness frameworks.

ANN RODA

Vice President, Mission Integration & Spiritual Care | Adventist HealthCare

"The IWSP program has been one of the most relevant, articulate, organized, simple, and applicable programs I've ever been a part of."

DR. CHAPLAIN PAM GREENLEAF

Holy Cross Hospital

"The IWSP provides a clear and concise roadmap for discovering gifts and serving well. This body of work provides practical tools for maximizing one's potential and is a pathway to wellbeing for those who care so diligently for others."

ANINDITHA SRIRAMASUBRAMANIAN

Texas A&M University | NASPA NCCWSL

"Dr. Trusty's session completely shifted my perspective on sustainable leadership. The Balance Axis™ challenged me to think differently about Planning, Prioritization, Partnership, and the importance of seeking support."

KARINGTON TIBBS

Stockton University | NASPA NCCWSL

"Dr. Trusty's work left me feeling transformed and inspired. The Balance Axis™ allowed me to simplify the tasks in my life that consume too much energy and think more intentionally about planning and priorities."

YELENA GONZALES-HINES

TMS Treater, High Desert Healing | NASW New Mexico

"Dr. Peggy is an engaging and wonderful instructor who knows how to target her audience. She made everyone feel seen and heard while addressing burnout and boundary-setting."

RAUL REYES OLIVER

Agent, Investigations Division | Nevada Gaming Control Board

"Dr. Trusty's session is highly valuable to first responders and employees in general. Her presentation is a necessary reminder that preventing burnout requires intentional self-care."

Practical. Relevant. Engaging. Designed to create lasting impact.

SELECTED ORGANIZATIONS

Trusted Across Diverse Professional Communities

Dr. Peggi Trusty has spoken for, partnered with, or facilitated experiences for organizations across healthcare, education, professional associations, public service, ministry, and community settings.



Across industries and communities, Dr. Peggi Trusty helps people and organizations pursue excellence without sacrificing wellbeing.

FROM CONFERENCES TO COMMUNITIES

Dr. Peggi Trusty brings practical, engaging wellness experiences to professional conferences, organizational teams, classrooms, faith communities, and community spaces.



Different rooms. Different audiences. One commitment: meeting people where they are and giving them something they can use when they leave.

Bring Dr. Peggi Trusty to Your Event

Dr. Peggi Trusty is available for keynotes, workshops, leadership and staff development, facilitated wellness experiences, panels, author events, and professional learning programs designed to engage audiences and support sustainable excellence.

BOOKING INQUIRIES

Ready to explore bringing Dr. Peggi Trusty to your organization or event?

info@ClergyWellnessHub.com
YourWellnessStartsHere.com

Scan the QR code to
learn more or connect.



AVAILABLE FOR:

Keynotes • Workshops • Staff Development • Leadership Development • Retreats • Panels • Author Events

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