



RMONIZ® · MEDIA KIT

# Dr. Samantha March Clark

Performance Strategist · Doctor of Chiropractic · Certified Health Coach  
NIH-Affiliated Researcher · Published Author

*Harmonizing Health, Leadership & Life*

**\$M+**

MULTI-MILLION DOLLAR  
PRACTICE BUILT & LED

**10+**

YEARS CLINICAL  
PRACTICE

**NIH**

AFFILIATED  
RESEARCHER

**Rmoniz®**

PROPRIETARY  
FRAMEWORK

#### CLINICAL TRACK RECORD

Built and operated a multi-million dollar clinical practice over 10+ years of direct work with high-performing women. NIH-affiliated researcher, published in peer-reviewed journals, and presenter at national and international conferences — including the National HIV Prevention Conference. Creator of the Rmoniz® Score — a proprietary diagnostic instrument measuring health, performance, and harmony — now in active deployment with individual and corporate clients.

#### PRACTICE PROVENANCE

The methodology at the heart of the Rmoniz® Framework was developed and refined through nearly a decade of clinical practice at Lignum Vitae Chiropractic & Wellness — consistently rated 5 stars across hundreds of patient interactions, where clients reported improved sleep, reduced chronic pain, and restored physical function after years of conventional treatment falling short.

#### PEER ENDORSEMENTS

*Harmonize Your Life: Finding Alignment From Within has been endorsed by Executive Coach Sky Jarrett as "the guide you didn't know you needed" and by Dr. Susy Best, Psychologist and Leadership & Wellbeing Strategist, as "nothing short of revolutionary — the ultimate whole-person roadmap for anyone committed to real, lasting transformation."*

#### STORY ANGLES FOR EDITORS

- *Harmony over balance: the physician rewriting the rules on how high-performing women lead, live, and recover.*
- *Why your best women leaders are breaking down in silence — and what conventional medicine keeps getting wrong.*
- *She was the high-performing woman falling apart in private. Then she built the framework that fixed it.*
- *The invisible decline no one is talking about: a clinician's case for why corporate wellness is failing its most valuable women.*

#### SELECT MEDIA & APPEARANCES

#### PROFILE

Featured expert profile on health, leadership & harmony

Best Self Atlanta ·  
Voyage ATL ·  
Canvas Rebel

#### COMMUNITY

Local health & wellness expert commentary

Smyrna Parent ·  
Dunwoody News /  
Appen Media

#### SPEAKING

Keynote & panel — chiropractic & clinical wellness leadership

Life University ·  
100% Chiropractic ·  
Lignum Vitae  
Wellness

#### EVENTS

Featured speaker — women's leadership & entrepreneurship

Atlanta Women's Expo  
· Black Women  
Leading · Women's  
Business Day & Expo

#### WHO SHE IS

**43%** of women leaders report burnout — significantly higher than their male peers at the same level.  
— McKinsey & Company

Dr. Samantha March Clark is the expert who helps high-performing women feel like themselves again — clear, energized, and fully aligned in their bodies, relationships, and leadership.

Through her proprietary Rmoniz® Framework, she guides women out of chronic stress, hormonal imbalance, and silent burnout — and back into a version of themselves that leads better, lives better, and performs at a higher level without sacrificing their well-being.

Her work has helped women reduce physical pain, restore mental clarity, rebuild strained relationships, and show up more powerfully in both life and leadership. Behind this transformation is over a decade of clinical expertise as a Doctor of Chiropractic, certified health coach, NIH-affiliated researcher, and published author.

*Because when women feel like themselves again, everything performs better.*

#### THE RMONIZ® FRAMEWORK

A proprietary clinical methodology — not a wellness curriculum. Built from lived experience and a decade of clinical practice at the intersection of hormonal health, leadership performance, and whole-life harmony.

#### Hormonal Clarity

Decoding the biological signals — hormonal, neurological, physical — impacting energy, focus, and resilience. The signals most practitioners dismiss and most women have been trained to ignore.

#### Leadership Performance

Rebuilding the cognitive and physical foundation that sustainable high-level leadership actually requires. Not performance management — the biology underneath it.

#### Harmonic Living

Dynamic harmony across body, relationships, and life — not balance, which is a myth for executive women, but harmony that holds under real pressure.

#### ACTIVATED THROUGH THE 6 CS OF HARMONY

**C**ultivate a Growth Mindset · **C**onnect with Your Emotions · **C**are for Your Physical Well-Being · **C**hannel Positive Energy · **C**elebrate Life's Abundance · **C**reate Meaningful Connections

#### PRESS CONTACT & AVAILABILITY

Ready to work with you.

- MEDIA** Feature interviews · Expert commentary · Print & digital · TV & radio · Podcast guest
- SPEAKING** Keynote · Workshop · Half-Day · Full-Day · Virtual
- AUDIENCE** Corporate · HR & DEI · Women's Conferences · Associations · Healthcare
- LEAD TIME** 60–90 days preferred · Rush available on request
- TRAVEL** Nationwide · Select international engagements
- INCLUDES** Custom talk · Participant materials · Post-event resource · A/V specs

#### THE BOOK

### Harmonize Your Life: Finding Alignment From Within

A 10-chapter guide through physical health, mental clarity, emotional healing, relationships, and spiritual alignment. Opens with a foundational truth: *you are not broken*. Pain is an alarm system — and healing is about finding alignment from within, not just treating symptoms.

*Available for all attendees at speaking engagements.*

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These questions are provided to help producers, journalists, and podcast hosts build a focused, compelling conversation. All topics can be tailored to your specific audience. For customized angles, contact [hello@rmoniz.com](mailto:hello@rmoniz.com)

## THE 6 CS OF HARMONY

Cultivate a Growth Mindset

Connect with Your Emotions

Care for Your Physical Well-Being

Channel Positive Energy

Celebrate Life's Abundance

Create Meaningful Connections

## 01 INDUSTRY INSIGHT

*Safe for any audience*

- ◆ What is the biggest misconception that conventional medicine has about high-performing women's health — and what does that misconception cost her and her organization?
- ◆ Why are the most capable women in any organization also the least likely to ask for help — and what does that pattern actually signal?
- ◆ What trend in women's leadership health are most experts missing right now — and why does it matter more than ever?

## 02 THE RMONIZ® APPROACH

*Framework-forward*

- ◆ You use "harmony" instead of "balance" deliberately. Why does that distinction matter — and what does it change for a woman who has been chasing balance her whole career?
- ◆ The Rmoniz® Framework works through six principles called the 6 Cs of Harmony — Cultivate, Connect, Care, Channel, Celebrate, and Create. What do these six dimensions address that no single discipline was addressing before?  
*Follow-up: Where do most high-performing women get stuck in the 6 Cs — and why?*
- ◆ What is the Rmoniz® Score and what does it measure that traditional health assessments miss entirely?

## 03 STORY &amp; TRANSFORMATION

*Human interest*

- ◆ You describe yourself as both the doctor and the patient. What was it like to be a clinician who knew something was wrong — and still couldn't get answers from conventional medicine?
- ◆ You built a multi-million dollar practice while quietly falling apart. What made you keep going — and what finally made you stop and rebuild?
- ◆ Your book opens with the belief that "you are not broken." Where did that conviction come from — and why do so many high-performing women need to hear it first before anything else can land?

## 04 CONTRARIAN &amp; DEBATE

*Advanced audiences*

- ◆ You've said corporate wellness programs are failing their most valuable women. Why aren't the billions being spent on wellness actually working?
- ◆ Some experts say resilience is the answer for burned-out leaders. You disagree. What are we getting dangerously wrong about resilience as a solution?
- ◆ What's your most controversial opinion about how organizations are currently treating — or failing to treat — their high-performing women?  
*Follow-up: What would it actually take to change that?*

## 05 PRACTICAL &amp; ACTIONABLE

*Immediate audience value*

- ◆ What are the three earliest warning signs that a high-performing woman is in invisible decline — before it ever shows up in her performance reviews?
- ◆ What are the final results of burnout and health decline left unaddressed — and what are three things high performers can do right now to pick up the pieces and get on the road to harmony?

## NOTE TO HOSTS &amp; PRODUCERS

All topics are adaptable to your audience — individual women's health, organizational wellness, or leadership longevity. Dr. Clark is available for pre-interview prep calls. Topics can be customized for your format and audience. Contact: [hello@rmoniz.com](mailto:hello@rmoniz.com)