

Dr. Samantha March Clark

Performance Strategist · Doctor of Chiropractic · NIH-Affiliated Researcher · Author

Harmonizing Health, Leadership & Life

"She was the high-performing woman falling apart in private. Then she built the framework that fixed it — and now she's bringing it to the world."

"You are not broken or behind. You're whole, healing, and becoming."

43%
of women leaders report burnout — significantly higher than their male peers
— McKinsey & Company



RMONIZ®

ABOUT THE GUEST

Dr. Samantha March Clark is a Doctor of Chiropractic, NIH-affiliated researcher, certified health coach, and author of *Harmonize Your Life*. She spent a decade in clinical practice watching high-performing women break down in silence — then built the Rmoniz® Framework when conventional medicine failed her too.

CREDENTIALS

Doctor of Chiropractic, Magna Cum Laude
Life University · NIH-Affiliated Researcher

Ronald E. McNair Fellow · Phi Beta Kappa
IIN Certified Health Coach

Published Author · Rmoniz® Framework
Harmonize Your Life: Finding Alignment From Within

AUDIENCE REACH

10K+
EMAIL
SUBSCRIBERS

7.5K+
SOCIAL
FOLLOWERS

Actively promotes every episode to full list & all channels.

THE BOOK

Harmonize Your Life: Finding Alignment From Within

A 10-chapter guide through physical health, mental clarity, emotional healing, and spiritual alignment. Opens with a foundational truth: *you are not broken.*

BOOK THIS GUEST

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WHY YOUR AUDIENCE WILL LOVE THIS CONVERSATION

- Speaks from inside the story — a physician who was also the patient
- Names what most women have felt but never had language for — invisible decline, the body's alarm system
- Gives audiences something practical to take home — the Rmoniz® Framework is a named system, not just inspiration
- Harmony over balance — immediately resonates with women exhausted by the "do less" advice
- Centers Black women in leadership without making it a niche — it expands the conversation for every listener
- Clinical authority + raw personal story = credible AND deeply human

EPISODE TOPICS

The Hidden Strain: What Medicine Keeps Missing

Why high-performing women experience real physical and cognitive decline — and why their doctors keep dismissing it. What the body is actually trying to say.

Harmony Over Balance — A New Way to Live

Why "balance" is a myth for ambitious women — and what harmony actually looks and feels like in a real, full, demanding life.

You Are Not Broken — The Clinical Truth

A physician's reframe of pain, burnout, and decline — and how to finally stop pushing through and start healing.

The Rmoniz® Framework: Three Pillars & the 6 Cs of Harmony

A walkthrough of the clinically-grounded methodology — Hormonal Clarity, Leadership Performance, and Harmonic Living — activated through six principles: Cultivate, Connect, Care, Channel, Celebrate, Create.

When the Pouring Cup Runs Dry

The personal story — a decade of sacrifice, building while breaking, and eventually learning to refill yourself too.

All topics tailored to your audience. Arrives with custom talking points for your show.

GUEST DETAILS

FORMAT
Solo · Panel · Co-host

LENGTH
30 · 45 · 60 min · flexible

RECORDING
Remote (Riverside/Zoom) · In-person ATL

PROMOTES
Episode shared to 10K email list + 7.5K social

LEAD TIME
2–3 weeks preferred · Rush available

FEATURED PODCAST APPEARANCES

Burn the Ships youtu.be/Q3arWtJfc
Entrepreneurship · Resilience · Going all in

Black Women Leading youtu.be/Q4Y85K0yOjw
Leadership · Identity · High-performing women

Love & Trauma, The Real Deal youtube.com/live/HQ6LE23hCII
Healing · Relationships · Emotional health

Also featured in: Best Self Atlanta · Voyage ATL · Canvas Rebel · Atlanta Women's Expo · Life University · 100% Chiropractic · Women's Business Day & Expo

SAMPLE INTERVIEW QUESTIONS

What does "invisible decline" mean — and how do you know if it's happening to you?

Why do you say "harmony" instead of "balance" — and why does that distinction matter?

You were the doctor AND the patient. What did that experience teach you that school never could?

What's the first thing a high-performing woman can do today if she suspects she's running on empty?

What does it actually mean to "pour from a full cup" — and how did you learn to refill yours?

WHAT OTHERS ARE SAYING

"A mirror and a map for anyone ready to stop chasing and start living — the guide you didn't know you needed."

— Sky Jarrett, Executive Coach & Founder, The Relaxed Hustle™

"Nothing short of revolutionary — the ultimate whole-person roadmap for anyone committed to real, lasting transformation."

— Dr. Susy Best, Psychologist & Leadership & Wellbeing Strategist

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

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 & 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 & 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 & 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 & 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