

A portrait of a woman with dark hair styled in an updo, wearing a light pink sleeveless top, a pearl necklace, and colorful earrings. She is smiling and resting her chin on her hand. The background is a blurred window with vertical blinds.

*ask* **Dr. Goldie**

**BOOKING INFORMATION:  
[ASKDRGOLDIEMD.COM/SPEAKER](http://ASKDRGOLDIEMD.COM/SPEAKER)**

**BOARD CERTIFIED-OBESITY MEDICINE PHYSICIAN  
WOMEN'S WELLNESS EXPERT  
GLOBAL SPEAKER & BEST-SELLING AUTHOR**

**SPEAKERS KIT**



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CERTIFIED -  
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**WOMEN'S  
WELLNESS  
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**GLOBAL  
SPEAKER**

**BEST -  
SELLING  
AUTHOR**

## WHY YOU SHOULD HIRE ME...

Hi I'm Dr. Goldie. Wife, mother, grandmother, women's health expert and obesity medicine specialist. I'm a two-time triathlete and half-marathoner. But I was once a very overwhelmed, overworked OB/GYN physician who found it difficult to balance my very busy career and life's responsibilities without sacrificing time for myself.

As a result, I began struggling with my own health leading to increased stress and prediabetes. Having lost both parents to preventable lifestyle diseases, I became determined to prioritize my own nutrition, fitness and self-care.

I've designed programs that have helped hundreds of successful, professional women finally get off the diet rollercoaster and acquire life balance so they can achieve and maintain a healthier weight, reverse illnesses and age amazingly.

## WHAT TO EXPECT...

**Here's what you can expect from me and my team:**

- Prompt, professional replies to your phone calls and email messages.
- A personal phone consultation with a member of my team prior to your event, so I can better understand how I can best serve you and your audience.
- Training & presentations will be professionally prepared and dynamically delivered, focused on achieving the outcomes you want with your audience.
- Speeches will be customized to suit your event theme.
- Hosted events will be fun and high energy while keeping the crowd engaged.



# MY BIOGRAPHY

Dr. Goldwyn B. Foggie, MD aka “Dr. Goldie” is a respected physician of 25 years, double board certified in the fields of OB/GYN and Obesity Medicine.

She has a passion for women’s health and enjoys speaking at churches, corporations, colleges and conventions as “YOUR health and wellness expert”.

Dr. Goldie is the Chief Executive Officer and Founder of Illinois Wellness and Weight Loss Centers in Chicago, where she has helped hundreds of clients transform their lives through weight loss and weight management.

She is the creator of Fit by Design, a community of women, who work to prioritize themselves through fitness and self-care. Dr. Goldie is a fitness enthusiast who is a two-timed triathlete and half-marathoner. In 2018, Dr. Goldie was named Game Changer of the Year with the Unapologetically Passionate Mompreneurs and in 2019 she received the S.E.X.I. (She is exceptionally influential) award from Pretty Inc.

Born and raised in Chicago, Illinois, Dr. Goldie has been married for 32 years to her first love and husband, Edward. They have 3 adult children together and are grandparents to one very energetic toddler, Faith.

She received her undergraduate degree at Northwestern University in Evanston, Illinois and her medical doctorate from the largest medical school in the country, The University of Illinois College of Medicine at Chicago. Dr. Goldie trained at the historic Cook County Hospital which was known as one of the best teaching hospitals in America.

Schedule a discovery call with me today.

# MY SIGNATURE TOPICS

It's always a challenge to find just the right speaker for your event. I understand how important it is to find someone who can give a strong, relevant message while authentically connecting to your audience. With that being said, I am honored that you have decided to consider me. Please take a moment to review some of my most popular topics below. I do offer customized talks, so if you don't see what you are looking for, please contact me at [www.AskDrGoldieMD.com/speaker](http://www.AskDrGoldieMD.com/speaker)



## 01 GAINING THE DREADED "FRESHMAN 15"

I teach students how to maintain good health and a slim waistline while adjusting to the rigors of campus life.

## 02 YOUR BODY IS THE TEMPLE OF GOD. DO YOU HONOR YOURS?

I will give believers a blueprint to help you gain energy, lose fat and get stronger.



## 03 10 WAYS TO GET YOUR FITNESS ON AT WORK!

I will give you 10 creative ways to sneak in more movement into your workday that will keep you in shape.



# PREVIOUS SPEAKING ENGAGEMENTS

**N'DIGO**

**SILVER SNEAKERS**

**CHICAGO NOW**

**MELANIN & MEDICINE**

**URBAN BROADCAST MEDIA**

**THE AC GREEN SHOW**

**URBAN BUSINESS  
ROUNDTABLE**

**INSPIRATION 1390**

**WVON 1690AM**



# WHAT OTHERS HAD TO SAY...

*Dr. Goldie is amazing! She helped me change my relationship with food and lose 22 pounds so far. The experience has been life changing for me.*

- **Tammeka J.**

*Working with Dr. Goldie and her team was incredible. I didn't realize how uneducated I was about my health until I became a client. I not only lost weight and improved my energy level but I learned skills that I've been able to continue to use to this day.*

- **Lashawn B.**

*Inspirational and encouraging! That's how I'd describe Dr. Goldie. She uses innovative ideas to help her patients achieve their goals and cares about all aspects of their health.*

- **Katie D.**

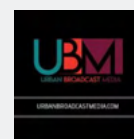


# IN THE MEDIA

I am always honored when people want to interview me or feature me in their media outlets; it is truly humbling to be allowed to expand my platform. That being said, keep in mind that I get quite a few of these types of requests and time constraints keep me from honoring them all. If you would like to feature me or my work on your media outlet, please complete the contact form on the side bar. My team works on a first come, first served basis. Additionally we consider audience size and relevance. I'm looking forward to hearing from you.



## WHERE I'VE BEEN FEATURED



# ACCOLADES & ACCOMPLISHMENTS

## CAREER

- **1999** American Board of Obstetrics & Gynecology
- **2017** American Board of Obesity Medicine
- **2020** Corporate Fitness Specialist
- **2000:** Fellow of the American College of Obstetrics and Gynecology
- **2018:** Unapologetically Passionate Mompreneurs Gamechanger of the Year 2018
- **2019** S.E.X.I. Award She is Exceptionally Influential Award by Pretty Inc.
- **2020** Someone You Should Know in Chicago 2020

## EDUCATION

### **NORTHWESTERN UNIVERSITY**

BACHELOR OF ARTS IN PSYCHOLOGY

### **UNIVERSITY OF ILLINOIS AT CHICAGO COLLEGE OF MEDICINE**

DOCTORATE OF MEDICINE





# SPEAKING FEES

## **SPEAKING RATES ARE AS FOLLOWS:**

- Keynote Fee (45 minutes) - \$1,500
- Breakout Session/ Panel (60 MIN) - \$750
- Workshop (90 MIN - 2 HR) - \$1,000
- Half Day Training (4 HR) - \$3,500

## **ADDITIONAL CONSIDERATIONS:**

When deciding to book me, here are some additional things to consider in your budget.

### **Event Admission:**

- Event tickets for 2

### **Travel Arrangements:**

- Airfare for two (first class) or Ground Transportation/ rental car (SUV or limousine)

### **Meals & Gratuities:**

- 2 meals per day (for 2)
- Tips/ gratuity at 15%

### **Hotel Accommodations**

- 2 Hotel Room (3 star rating or higher)
- Ground transportation to and from hotel (limousine or SUV)
- Room for speaker (must be handicap accessible with roll in shower)

[ASKDRGOLDIEMD.COM](http://ASKDRGOLDIEMD.COM)



*Full speakers rider provided upon booking.*

**EMAIL:**

**[info@askdrgoldiemd.com](mailto:info@askdrgoldiemd.com)**  
to begin the booking process.



# GET IN TOUCH



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