

MEDIA KIT



GAYLE
WALKER

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ABOUT ME

I help women create capacity to focus on what matters most!

Gayle L. Walker

Does your audience feel like their lives are out of control? Gayle Walker, the founder and CEO of Life Doula and a former nurse, Naval officer, and nanny, would love to share why that's not true—and how women can enjoy the beauty of motherhood without sacrificing the life of their dreams. Gayle has been featured on the Lasting Conversations and Black Boomer Besties from Brooklyn podcasts, among others.

Gayle is a game-changing, trail-blazing keynote speaker who can excite and ignite your audience to ditch the drudgery of monochromatic motherhood and step into the fullest expression of their brilliance. When she's not helping clients manage their households and find peace, Gayle can be found moving her body, enjoying global travel, luxuriating at a spa, or having a fine dining experience with family and friends. Get ready to reimagine all that life has to offer.

Speaker Topics cont.

1 Re-Imagining Care for Your Life in the Middle!

Have you been sacrificing your well-being in the name of productivity?

In this transformative talk, audiences will learn practical strategies for balancing ambition with care and how to build thriving support systems.

This talk will inspire and equip audiences with the tools they need to create a legacy of sustainability and joy—not burnout and exhaustion.

2 Your Home, Your Corporation: Leveraging Capacity Through Strategic Caregiver Partnerships

Did you know viewing your household as an organization can help you grow?

In this talk, audiences will discover the blueprint for building a home team that supports their success without limits so they can achieve their personal and professional goals with ease.

This talk will empower audiences to align their unique needs with the right caregiving solutions and help them unlock new levels of capacity, productivity, and peace of mind.

Speaker Topics cont.

3

The TOP 3 Things You Need to Know BEFORE Hiring Your Next Caregiver

Did you know hiring a caregiver isn't just for the sick or elderly? That it can transform your home and your lifestyle?

In this talk, audiences will learn the top three essentials for hiring help, how to identify their unique caregiving needs, and how to ensure the right fit with their household's culture.

This empowering talk will equip audiences with the tools they need to make confident, informed decisions that will lead to lasting harmony—and a fulfilling life.



Gayle (she/her/hero) is the founder and CEO of Life Doula Inc., a lifestyle and home management agency, and a sought-after speaker available for keynote presentations, workshops, media interviews, and consulting opportunities. Her ability to blend practical strategies with heartfelt insights inspires busy professionals to build thriving support systems and live their fullest lives. Download Gayle's media kit, schedule an interview or meeting, or book her on your stage today.

NOTABLE PRESS

Gayle has been featured on various podcasts ([View Here](#)) where her expertise resonates with diverse audiences:

- IG Live with Dr. Sha'Rose Erion, PT, DPT, Owner | Pelvic Health Physical Therapist
- Lasting Conversations – [Episode 66: Life's Doula with Gayle Walker](#)
- The Power of Organizing and Decluttering for Black Women Over 50



Get In Touch

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