



Dr. Tyra Ousley

FAMILY NURSE PRACTITIONER | NURSE EDUCATOR | FOUNDER

Whole for Good

Whole person. For life.



SPEAKER PROFILE

A whole-person voice for women's and metabolic health.

Dr. Tyra Ousley speaks at the intersection of eating behaviors, menopause, metabolic medicine, GLP-1 care, strength, prevention, and weight stigma.

Her work translates clinical insight into practical education that helps audiences recognize what is often overlooked and ask better questions about lifelong health.

Featured platform: Hidden in Plain Sight

Recognizing eating disorders where stereotypes too often hide them.

SIGNATURE TOPICS

- Hidden in Plain Sight
- Menopause, metabolism, and the midlife body
- GLP-1 care through an eating-behavior lens
- The WHOLE Framework for lifelong health
- Why muscle matters after 40
- Weight stigma is a clinical issue

AVAILABLE FOR

Keynotes | Workshops | Panels | Podcasts | Media

Speaking and media: hello@wholeforgood.com

wholeforgood.com/speaking