

# DR. MARY BETH

Former U.S. Secret Service Agent  
Author / Keynote Speaker  
Self-Esteem Mentor

Dr.  
MARY  
BETH™  
THE PROTECTOR



## EMPOWERING INDIVIDUALS TO REACH THEIR FULL POTENTIAL IN THEIR CAREERS AND IN LIFE.

**As a highly respected member of the United States Secret Service and an International Executive Protection Agent in some of the world's most dangerous environments—fields historically dominated by men—I know what it takes to succeed in spaces that weren't built with everyone in mind.**

It's my mission to be a source of support for high-performing individuals who are powerful, driven, and full of potential—but often feel alone. This emotional isolation can lead to spending too much time in their heads—worrying, thinking, and overanalyzing decisions, choices, and life direction. They carry a deep desire to achieve, yet often lack reliable tools and trustworthy support to help them reach their goals.

If you or your team are looking for clarity, guidance, or a roadmap for achieving personal and professional goals, Dr. Mary Beth is a powerful resource.



It is not often that you find someone of Mary Beth's caliber who can engage so easily with her audience. Utilizing her past law enforcement and security careers and experiences, both with the U.S. Government and the private sector, her message is not only timely but also provides her audience with insights that may prove to be useful in their personal and professional lives. She is an inspiration to women.

*Mark Hunter*

CEO and President, Hunter Global Security Strategies

## POPULAR PROGRAMS

### RESILIENCE:

You are stronger than you think you are.

### RESPOND vs. REACT:

How to keep your cool in almost any situation.

### RISING TO THE CHALLENGE:

Harness your inner strength for positive change and growth.

*Previously hosted by*

**Deloitte.**

**MARY KAY**  
Empowering Women's Lives®

**TEDx**

**MERRILL**  
A BANK OF AMERICA COMPANY

**amazon**



**BLACKCLOAK™**



Facebook Instagram @DocMaryBeth  
LinkedIn Mary Beth Wilkas Janke



**Building Resilience in Women Leaders:  
You are Stronger Than You Think  
You Are**  
Amazon Women Leaders Event.



**I Just Want My Life Back:  
Keeping Safe in Dangerous Times**  
Mary Kay Cosmetics / Mary Kay Ash  
Charitable Foundation Seminars.  
Presented around the US for Mary Kay, Inc.



**Mental Health First Aid**  
Facilitator for live and virtual 2- and 4-hs  
mental health trainings for Deloitte U.S.



**Practical Ways to Optimize Health &  
Wellbeing:**  
Simple Tools to De-stress and Live a More  
Balanced Life. U.S. Department of State /  
Bureau of Medical Services.



**How to Be a BADASS at ANY Age**  
Understanding the Neurological and  
Psychological science behind living a  
badass life.



**Finding Success in a  
Male-dominated Profession**  
Cocktails and Conversation with  
Dr. Chris Pierson.



**Resilience**  
Fireside Chat with Merrill Lynch's  
Women's Exchange



**Women as Role Models:  
Self-esteem – its importance for  
young women to build & maintain  
in all realms of life**  
Guest speaker at an annual Scholarship  
Banquet at Alpha Omicron Pi sorority at  
the University of Maryland.

“ Mary Beth is a charismatic speaker  
and fierce advocate for the safety and  
wellbeing of women. Her real-world  
experience brings rapt attention and  
has brought practical learning to tens  
of thousands. She brings a message of  
hope and success in navigating what  
has become a very dangerous world.

*John Rochon,*

Former CEO and Chairman: Board of Mary Kay  
Cosmetics. Dallas, Texas  
Founder and Chairman: Board of Richmond  
Financial Partners. Dallas, Texas



**Get The Protector  
on Amazon →**