



Verena Rizg · Keynotes and workshops

We assume high performance is a result of ambition, when for so many it's a result of survival. Ambition gets to rest. Survival doesn't know how. From the outside the two look identical, but the cost is not.

WHO

Verena Rizg, MN, NP-PHC, is an award-winning clinician who founded the first BIPOC-focused clinic in Canadian Armed Forces history, work that earned the 2024 DM/CDS Excellence in Defence Award. Her book and framework, *The Cost of Capable™*, gives people from frontline staff to CEOs language for the hidden cost of high performance, and teaches leaders to get curious before performance is mistaken for wellness. She delivers keynotes and workshops for leadership teams, conferences and associations.

PROOF

10,800+ people in live audiences to date · 1,050,000+ across national television, broadcast, podcast and social · Convocation address, Dalhousie University, Faculties of Health and Medicine, October 2026 · Featured on the Psychiatric Times podcast

WHAT PEOPLE ARE SAYING

"It sparked a number of meaningful conversations throughout the remainder of the conference and gave participants a language and framework to discuss something many had experienced but hadn't previously been able to articulate."

CLAIRE LESSEL, CPHR · CHAIR, ACCEL 2026

"Verena Rizg provided a thoughtful and powerful convocation address today at our last fall convocation ceremony. Thank you for sharing your important insights and expertise."

BRENDA MERRITT · ACTING PROVOST AND VICE PRESIDENT ACADEMIC, DALHOUSIE UNIVERSITY



WORKSHOPS · HALF DAY AND FULL DAY

Every keynote deepens into applied work. The workshop is built from that keynote's own framework rather than bolted on, so the audience works with the same architecture it just heard. Books are part of every workshop.

Leadership teams · executive and senior teams; retreats and offsites

Care providers · physicians, nurses, psychotherapists, social workers; clinical training

Culturally and racially responsive care · clinical teams, health systems and community organizations

Emerging leaders · conference cohorts, leadership programmes, associations

KEYNOTES · 45 TO 60 MINUTES

The Cost of Capable™

Hold the Conversation · The Psychology of Conflict and Repair

For the Asking · The Conviction to Build What Does Not Yet Exist

Rain Check · Cultivating Joy in a Life That Is Already Full

How We Miss Each Other · The Art of Noticing What Holds Us Together

CUSTOM AND CEREMONIAL

Convocations, conferences, fireside conversations and panels.

Watch the Dalhousie convocation address:

verenarizg.com/convocation

HOW BOOKING WORKS

Workshops and keynotes are booked directly with Verena. Virtual is available. Travel is arranged with the host. Books are part of every workshop. The conversation comes first. Fees follow the format, the audience and the day.

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