

Dr. Marie Claire Bourque

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Psychiatrist · author · speaker



I speak to people who perform for a living: athletes, physicians, leaders, and the people who run the places they work.

TALKS

Adult ADHD: beyond what you know from TikTok

Most of what people know about adult ADHD arrived in sixty-second clips. This is the rest: what an assessment actually weighs, why a score can't explain why starting is hard, and what changes when work is designed around a real brain.

Creative problem solving

What a stuck brain is doing, why pressure narrows the options, and how people and teams get them back.

AI in mental healthcare: beyond the basics

I build clinical AI and I practise psychiatry, so I hold both sides of this. Where software genuinely helps, where the claims outrun the evidence, and why judgment and responsibility stay human.

The psychology of high-performance cultures

What high standards do to the people meeting them, and how the best environments keep candour, safety and expectation in the same room. From the book, and from years inside professional sport.

The speed of truth: does bad news travel fast?

Whether the information that matters, the mistakes, the doubt, the dissent, reaches the people who need it while there's still time to act. And what leaders do that speeds it up or shuts it down.

BIOGRAPHY

Dr. Marie Claire Bourque is a psychiatrist, author and speaker. She is a Clinical Assistant Professor at the University of Calgary's Cumming School of Medicine and a Clinical Instructor at UBC. She practises psychiatry with Interior Health in Kelowna and runs a referral-based virtual practice in British Columbia. She was Director of Mental Health for a professional hockey organization and its development affiliate from 2018 to 2026. She founded Limbus Health and co-authored *The Psychology of High-Performance Sports Organizations: Culture, Safety, and Leadership* with Madeline Antony (Routledge, 2026). Her first degree is in kinesiology.

THE BOOK

The Psychology of High-Performance Sports Organizations

Culture, Safety, and Leadership
Marie Claire Bourque and Madeline Antony
Routledge · 2026

SELECTED CONVERSATIONS

DITCH THE LABCOAT

How to Perform Your Best Under Pressure

THE FIT PHYSICIAN PODCAST · SHOW PAGE

Upgrade Yourself: Living by Your Values, Not Your Résumé

SPEAKING INQUIRIES

hello@dr-mcb.com

Send the date, audience, format and budget range.

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