

RQB

DR. ROBIN BUCKLEY
COUPLES COACH



Dr. Robin Buckley
Couples Coach
Author
Speaker
Podcaster

What Makes Dr. Robin Stand Out

Dr. Robin doesn't give talks that sound good in the moment and fade by Monday. She turns every presentation into a live conversation—one that gets people thinking, laughing, and sometimes a little uncomfortable in the best way. She challenges the myths we cling to about relationships, communication, and success, helping audiences see what's possible when they trade autopilot for intention.

Her talks don't stop at inspiration. Dr. Robin leaves audiences with practical, science-backed strategies they can use right away, tools that improve how they lead, connect, and communicate long after the event ends.



The Woman with the Plan

Dr. Robin Buckley is a couples coach, TED speaker, and certified executive coach who helps partners build intentional, resilient relationships using cognitive-behavioral strategies. With a PhD in clinical psychology, she blends science and storytelling to teach practical tools that strengthen communication, manage conflict, and create deeper connection. Her insights on relationships and mindset have been featured in *Entrepreneur*, *Thrive Global*, and *Authority Magazine*. Her newest book, *Marriage Inc.: The Boardroom Blueprint to a Lasting Love*, released in 2025. Dr. Robin also hosts, *That's What She Said*, a podcast focused on women's lived experiences and wisdom.

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“Most Popular” Playlist

Making Your Brain Your Ally

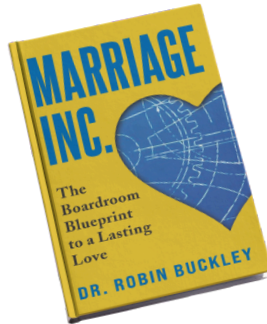
Our brains often work against us, creating stress, burnout, perfectionism, and imposter syndrome that get in the way of success. In this session, you'll learn research-based cognitive-behavioral strategies to take control of your thoughts and make your brain an ally for peak performance, both professionally and personally.

Why Powerful Women are Scary

Despite decades of progress in politics, business, and culture, powerful women still make many people uncomfortable. This talk explores the historical roots of female stereotypes, the role of cognitive dissonance, and practical strategies women can use to confidently step into their power and reshape society's perception.

Stop Guessing. Start Checking In.

From the boardroom to the bedroom, relationships thrive on communication. Dr. Robin Buckley introduces the “check-in,” a simple strategy that turns assumptions into understanding and keeps connection strong—no matter the setting.



“...We cannot stress enough how amazing her approach is! We focused on where we were and where we wanted to get to. We applied solid frameworks to our relationship, putting it into practical and tactical terms. We noticed improvements in our communication almost immediately and routinely use the plan we created with Dr. Robin in our relationship.”



"Divorce had me questioning everything—especially my dating life. Robin's framework gave me the clarity and confidence to stop settling, start enjoying myself, and finally date with strategy, not dreams."



"I hired Robin to coach my team, but the real game-changer was at home. Her approach flipped how I show up with my partner. Better communication, less drama, and more connection than I ever thought possible."



"Robin somehow blends brain science, business smarts, and the shockingly simple idea of just checking in with each other—seriously, how did we miss that? Now our conversations are easier, our connection is stronger, and we actually enjoy being on the same team."

Check in and Connect with Dr. Robin

