

# Dr. Jo® energy for people



Now!  
**GAME SHOW**  
Format

Dr. Jo®, Wellness Expert, Author, Speaker

## Bouncing Back from Burnout

Seeing signs of exhaustion within your organization? Loss of motivation to perform? More errors and accidents? Health issues?

When we fail to recharge our body and mind, we experience burnout characterized by feelings of stress and exhaustion as well as reduced productivity and negativity at work.

In this fast-paced, science-driven program (with her signature gameshow format option), Dr. Jo will guide participants in discovering what factors are within their control and practicing practical strategies for recovery.

### Afterward, attendees will be able to:

- Recognize the physical, mental, and emotional signs of stress overload before it's too late
- Demonstrate and practice the Relaxation Response, a quick and scientifically-proven way to reverse the effects of stress and to think more clearly about the situations and options available
- Recall feasible options for "re-creation" and recovery in times of stress and burnout

### Dr. Jo's programs are perfect for:

- Executives, managers, understaffed office and factory workers, healthcare, remote workers, and frontline workers

### Problem:

Burnout is at a record high:

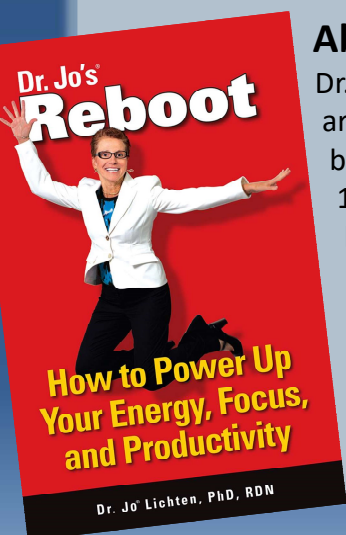
- 48% of U.S. workers feel mentally and physically exhausted at the end of the workday (SHRM, 2021)
- 52% of people reported experiencing burnout in 2021 (Indeed, 2021)

### Customized Solutions Include:

In-person interactive keynotes, breakouts, full-day training, coaching, and virtual online programs

### About Dr. Jo®

Dr. Jo® Lichten PhD, RDN, CSP is a recognized expert in the areas of workplace productivity and performance. She began leading stress management programs in the early 1990's. She has presented more than 1000 programs and has earned the prestigious Certified Speaking Professional designation. For seven years, Jo coached C-suite executives and other professionals on how to power up performance while avoiding burnout at the Johnson & Johnson Human Performance Institute. Jo is the author of six books including *Reboot*.



### Testimonials

*"That was one of the best presentations I've EVER seen...at ANY conference."*  
~ Jack Graham, Great Valley Publishing

*"She very cleverly delivered key messages and action steps, applicable for staff at any level..."*  
~ Jodi Mulligan-Pfile, CA WIC