

Energy REBOOT[™]: *The missing link to workplace productivity and peak performance*

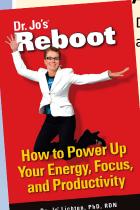
Feeling overworked, overwhelmed, and exhausted? Instead of searching for a productivity tool or better time management, address the issues at their source with a science-backed Energy REBOOT[™].

Energy drives everything – focus, motivation, and performance. When people learn how to generate more energy in this human "machine", they become more productive without feeling completely exhausted.

In this fast-paced, interactive keynote, Dr. Jo uses scientific research from her review of over 1000 medical studies to **offer real-life solutions that ignite professionals to initiate and model proven strategies** for mastering peak performance without risking burnout.

After the program attendees will be able to:

- Articulate how the body and brain generate the energy needed to function at a high level for long periods of time
- **Demonstrate practical strategies** to sustain concentration, focus, and stamina to improve productivity and prevent burnout
- Spark change within their work environment by sharing stories of how other organizations have successfully made these shifts



About Dr. Jo[®], PhD, RDN, CSP

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* – *how to power up your energy, focus, and productivity.*



Problem:

Fatigue in the workplace costs businesses over \$500 billion globally in *terms of reduced performance and productivity and increased accidents, errors, and healthcare expenses.*

Testimonials: "Dr. Jo was the perfect closing keynote for our recent conference. ~ Candace Goldstein, Janney

"Great program" and "Love Dr. Jo" were two of the many positive comments. ~ Frank Rudd, President/CEO, Florida Society of Association Executives

954-235-0371 (Jacksonville, FL) <u>DrJo@DrJo.com</u>

DrJo.com