



REBOOT: Fighting Fatigue *in the workplace*

With tighter budgets and reduced staff today's employees are working harder, faster, and longer than ever before. While technology and time-management techniques make it easier to do more with less, the constant pressure of excessive workloads ultimately results in fatigue and burnout. Fortunately, a bit of prevention can go a long way and result in significant benefits to both the company and those who work for it.

Attendees will leave this keynote with:

- An understanding of the real costs related to fatigue in terms of accidents, errors, absenteeism, and loss of productivity
- Three practical strategies to prevent and counter fatigue during the workday
- Real life examples of companies that have successfully reduced fatigue in the workplace

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.*

Customized Solutions include:
 Keynotes, Breakouts, Training, Coaching, & Webinars

Dr. Jo's keynote is perfect for:

- Health and safety, occupational health nurses and other medical professionals, military, forest service, fire fighters, law enforcement

Testimonials:
"Jo was a fabulous addition to the event. I absolutely recommend her!"
 ~ Lori Harbin, Corporate Events Unlimited

"We thought your presentation was amazing. Seriously. Perfect for the audience and very informative"
 ~ Patty Day, Medical User Group Coordinator

About Dr. Jo[®]

Dr. Jo[®] Lichten, PhD, RDN, CSP is a recognized expert in the areas of workplace productivity and performance. In the overcrowded wellness field, Jo is a voice of reason blending the science of peak performance with a healthy dose of reality. In more than 1000 programs, she provided motivation and realistic strategies for improving workplace performance, achieving life balance, and preventing burnout. She brings decades of experience as an accredited health professional (RDN), her doctorate in Adult Education (Texas A&M)

focusing on the area of change, and the Certified Speaking Professional designation. For seven years, Jo coached health professionals, fire fighters, safety directors, and others power up performance while avoiding burnout at the Johnson & Johnson Human Performance Institute.

