



Dr. Jo[®], Wellness Expert, Author, Speaker

REBOOT: Propelling productivity and performance in the workplace

Energy drives everything – motivation, creativity, and performance. When people focus on generating energy rather than on managing time, they become more productive AND get through each day 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 company leaders to initiate, model, and encourage proven strategies for mastering peak performance without risking burnout.

After the program attendees will have:

- Insights into how the body and brain function to generate the energy needed to function at a high level for long periods of time
- Practical strategies for fueling the body, sustaining concentration and focus, staying productive, and preventing burnout

Dr. Jo's keynote is perfect for:

- Startups, entrepreneurs, executives, managers
- Company and association meetings

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

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 management, and the Certified Speaking Professional designation. For seven years, Jo coached C-suite executives on how to power up performance while avoiding burnout at the Johnson & Johnson Human Performance Institute.



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

