Dr. Jo® Lichten, PhD, RDN, CSP is a recognized expert in the areas of workplace productivity and performance. In the overcrowded wellness field, Dr. Jo is a voice of reason blending the science of peak performance with a healthy dose of reality!

Through keynotes, breakouts and workshops (more than 1000 to-date), Jo’s fast-paced, interactive style provides motivation and realistic strategies for improving workplace performance and achieving life balance.

With her doctorate from Texas A&M University, focusing on the area of change management, Dr. Jo is a skilled communicator who connects with audiences and delivers a message that resonates across job titles and industries. Jo earned the highly sought after Certified Speaking Professional designation – a title held by less than 12% of all speaking professionals worldwide.

As an accredited health professional, she has experience working with healthcare, higher education, and corporate clients in many industries. Jo consulted at Johnson & Johnson Human Performance Institute for seven years – coaching C-suite executives on how to boost energy and performance while avoiding burnout.

Jo is the author of six books including REBOOT - how to power up your energy, focus, and productivity. Along with writing hundreds of magazine articles, Jo has also appeared on more than 300 TV and radio shows including CNN and Fox.

“Dr Jo was the perfect closing keynote for a recent conference. Her energized personality and practical tips kept everyone focused and attentive.” - Janney

“Beautiful. Keep it coming. You rock!” Our attendees give you a 4.81 rating (5 being perfect) - Speaking of Women's Health, Tampa

“What a fantastic presentation! That was one of the best CE sessions that I’ve ever seen... You are a PRO!” - Great Valley Publishing Company

“Dr. Jo engages audiences with the perfect blend of practical ideas and humor. I highly recommend her as a speaker.” - WIC Association of NYC, Inc

“Dr. Jo was a fabulous addition to our wellness experience event. She went above and beyond for my client - from customizing her presentation to securing in kind snack sponsors. I would highly recommend her as a speaker for future clients.” - Corporate Events Unlimited

"Dr. Jo’s presentation was engaging... resulted in conference participant attendees rating her 3.85 on a 4-point scale." - Florida Occupational Health Conference

Book Dr. Jo® to speak at your next event: DrJo@DrJo.com • DrJo.com
Part 1: Eye of the Storm: Building resilience
In the song, The Eye, Brandi Carlile sings, “You can dance in a hurricane, but only if you’re standing in the eye.” Since business forecasts call for “More Storms Ahead”, it’s important to build resilience - allowing you to stay calm and focused in the eye of any storm. Dr. Jo challenges audiences to identify one thing ("stressor") that causes them the greatest stress. Then, using some common issues as examples, she helps participants to uncover the real issues behind stress (it’s rarely what we think it is).

Part 2: Into the Storm - Creating solutions to stress
While stressful situations seem to be a two-step process (1. it happens and 2. we respond), there are actually five specific steps that flow from one to another. And, interrupting or changing any one of these specific aspects can completely change our response to the stressful situation. Like it never happened!

Also available as a half-day program.

What Every Woman Wants: Great legs, more energy, & peace of mind
Women are feeling frumpy, frazzled, and fatigued. And, it’s no wonder! The average woman is working full time both at work and at home. Finding the energy to “have it all” is a constant challenge. This fun, funny, and motivational program, based on science, will help attendees feel more relaxed, more in control, and ready to make some simple “no big deal” changes that will make a big difference in every aspect of their lives.

Part 2: Into the Storm - Creating solutions to stress
While stressful situations seem to be a two-step process (1. it happens and 2. we respond), there are actually five specific steps that flow from one to another. And, interrupting or changing any one of these specific aspects can completely change our response to the stressful situation. Like it never happened! Participants will be invited to think about their unique situation – and develop personal solutions for each step of the process.

To Book Dr.Jo • 954-235-0371 • DrJo@DrJo.com • DrJo.com