



inspiring busy people to stay energized, healthy, and sane

SPEAKER AUTHOR, and MEDIA SPOKESPERSON



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

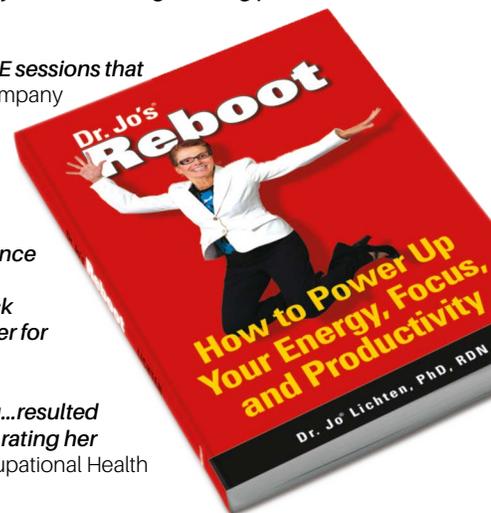
"Beautiful. Keep it coming. You rock!" Our attendees give you a 4.81 rating (5 being perfect) - Speaking of Women's Health, Tampa

"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



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Dr. Jo[®]

keynotes

Reboot: propelling productivity and performance in the workplace

Employee and management fatigue costs companies over \$500 billion in lost productivity each year due to missed work, diminished performance, increased medical costs, accidents, and errors. And it's completely preventable. Dr. Jo offers real-life solutions that ignite company leaders to initiate, model, and encourage proven strategies for mastering peak performance without risking burnout. 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.

breakouts

How to Stay Healthy & Fit on the Road

According to [National Household Travel Survey](#), Americans make more than 405 million long-distance business trips per year. Business travel is necessary, but it also takes us out of our routine and can lead to unhealthy and even dangerous lifestyle choices. In this fast-paced, interactive breakout, Dr. Jo uses scientific research from her interviews of more than 100 traveling executives to offer real-life strategies for improving performance and reducing the health risks associated with extensive travel.

Swimming in a Sea of Priorities - finding balance on the rough waters of life

It's common to feel that there's too much to do and not enough time. Or feel guilty about not spending enough time with loved ones. This interactive program is designed to help attendees feel less stressed and more on track with their priorities.

workshop

Stormy Weather Ahead

Hurricanes are a force of nature. You can't change them, you can only prepare for what they're going to do to you. Stress is also a force of nature. There is often not much we can do to avoid it. But there is an awful lot we can do to mitigate the damage it causes to our lives.

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 calmer 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! Participants will be invited to think about their unique situation - and develop personal solutions for each step of the process.

Partial List of Clients:

Companies

The Advisory Board Group
AT&T
Burger King, Starbucks, Wendy's
Chevron Co. USA, ExxonMobil
Deloitte & Touche
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May Company (Macy's)
Mosaic Ag College
Norwegian Cruise Lines
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Conferences

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American Association of Food Stamp Directors
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Florida School Nutrition
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Indiana Employee Health & Wellness Summit
Indiana School Nutrition Association
International Society of Sports Nutrition
Institute for Natural Resources
MD Anderson Network Conference
National Association of Professional Organizers
National Wellness Conference
North Carolina Health Care Facilities Association
Nuclear Medicine Resource Professionals
Pennsylvania Bankers Association
PPAI Women's Leadership Conference
Reunion Resort Women's Retreat
Speaking of Women's Health
Numerous Women's Health/Wellness
Conferences in GA, IA, KY, MI, ND, and more

Government, Hospitals, Agencies, etc.

City of Houston, Abilene Coordinating Council, TX
CanolaInfo, North Dakota Canola Growers
Dickinson County Healthcare, MI
Idaho Department of Fish & Game
Legacy Heart Institute, WA
Michigan Municipal Risk Management Authority
Northern California Carpenter's Union
Nuclear Medicine Resource Professionals
St. Luke's Episcopal Hospital, TX
Texas Women's Chamber of Commerce
Vail Vets
Virginia Tech, Eastern Michigan University
WIC Association of NY State

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