



inspiring busy people to stay energized, healthy, and sane

Health & Safety Programs

REBOOT: Fueling Performance & Productivity - Dr. Jo offers real-life solutions that ignite company leaders to initiate, model, and encourage proven strategies for mastering peak performance without risking burnout.

REBOOT: Fighting Fatigue in the workplace - Fatigue costs businesses over \$500 billion globally in terms of reduced performance and productivity and increased accidents, errors, and healthcare expenses. Being proactive results in significant benefits to both the company and those who work for it.

Eye of the Storm: building resilience - When chaos swirls around you like a hurricane, do you get swept up in those winds or manage to stay more grounded than most? Dr. Jo helps clients strengthen their resilience.

Into the Storm: transformational solutions to stress - While stress is often perceived as a two-step process (it happens/we respond), there are actually five specific steps. Learn how to interrupt/change each of these steps in order to transform negative stress into positive outcomes.

Sleep: Cycles, Rhythms, Health, and Weight – Dr. Jo offers a fascinating discussion about the scientific research regarding sleep cycles and circadian rhythms – and lifestyle changes to recommend to keep the body in synch.

Out of Sync Sleep: Chronotype, Jet Lag, Seasonality Disorders, and Shiftwork – Out of sync circadian rhythms has profound effects on our health, weight, and productivity. Learn scientifically proven lifestyle recommendations for management.



Dr. Jo®, Wellness Expert, Author, Speaker

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

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 management, and the prestigious Certified Speaking Professional designation. For seven years, Jo coached business executives at the Johnson & Johnson Human Performance Institute.

