



Where Thriving Cultures Take Root.

Roots to Results:

Growing a Culture Where People Stay & Thrive

Healthy cultures don't happen by accident - they're grown with intention. In a world where stress is high, change is constant, and talent is harder to hold onto, the organizations that flourish are the ones that invest in and nurture their people.

In this energizing keynote, Dr. Laura shows how leaders at every level can become "culture gardeners," creating conditions where people feel valued, connected, and motivated to bring their best. Through stories, research, and practical tools, you'll discover how to grow a resilient workplace culture where individuals - and the whole organization - can thrive.



[Book Dr. Laura](#)

What Your Audience Will Gain

- 1** Uncover the keys to what makes people stay and thrive (hint: it's not just paychecks or perks).
- 2** Apply the 3 Cs - Care, Curiosity, and Courage - to create a culture rooted in humanity, not hierarchy.
- 3** Learn how to reduce stress and boost energy at work, so your people leave work feeling better, not drained.
- 4** Walk away with practical, immediately usable strategies to strengthen trust, engagement, and loyalty.
- 5** Gain insights on how to attract and inspire younger generations, while keeping your long-time team members motivated.

Dr. Laura Hambley Lovett

500+

Organizations Served

From Fortune 500 companies to growing startups

25

Years of Experience

Proven expertise in leadership and change management

50K+

Leaders Inspired

Professionals transformed through her keynotes

98%

Client Satisfaction

Consistently exceeding expectations



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Dr. Laura Hambley Lovett is an Organizational Psychologist, Keynote Speaker, International Bestselling Author of *I Wish I'd Quit Sooner*, and Podcast Host of the highly acclaimed podcast *Where Work Meets Life*. She is a thought leader on workplace psychology, the future of work and career development, with 25 years of experience. Dr. Laura is passionate about creating cultures that attract top talent and where people stay and thrive.

Dr. Laura has founded several psychology and consulting practices, including Canada Career Counselling in 2009, where psychologists help 1000s of Canadians navigate their career and workplace challenges, and support organizations to develop thriving leaders and cultures. She holds a Ph.D. in Industrial/Organizational Psychology from the University of Calgary, where she is currently an Adjunct Professor overseeing a program of research on toxic leadership in North America. Dr. Laura received a Canadian *Women of Inspiration Award* as a Global Influencer in 2018.



New Book

Her international bestselling book, *I Wish I'd Quit Sooner: Practical Strategies for Navigating a Toxic Boss*, is grounded in Dr. Laura's research and evidence-based findings.



Global Podcast

Since 2020 she has hosted *Where Work Meets Life*[™], a podcast exploring leadership, workplace culture, and the evolving relationship between people and work.



Media

Dr. Laura has been featured in leading media outlets, articles, television, radio, and podcasts, sharing her expertise on workplace culture, toxic leadership, and the future of work.