



[Book Dr. Laura](#)

Dr. Laura's Burnout Rx:

Surviving the Inferno Without Losing Your Spark

Burnout isn't caused by a lack of grit - it's the result of constant pressure, unclear boundaries, and cultures that reward overwork. Skipped breaks, blurred work-life lines, and a fading sense of purpose create dry conditions where even well-meaning efforts to motivate people can spark exhaustion instead of energy. Without noticing, teams can go from inspired to overloaded, and individuals can move from engaged to depleted.

In this keynote, Dr. Laura exposes the hidden workplace habits and systemic pressures that silently drive burnout and shows leaders how to reverse them. With a blend of research and real-world insight, she offers practical strategies to set healthy boundaries, redesign workflows, and build cultures that sustain energy rather than drain it. Attendees will leave with clear tools to spot early warning signs, prevent overload, and create workplaces where people don't just get by - they truly thrive.

What Your Audience Will Gain

- 1** Understand burnout as a *systemic corporate climate issue*, not an individual weakness - and why it's intensifying despite record investments in well-being.
- 2** Recognize early warning signs using the *Top 5 Signs for burnout*, tailored to your audience.
- 3** Discover how over-recognition, toxic positivity, and cultural over-functioning can *accidentally* accelerate burnout in high-performing teams.
- 4** Explore evidence-based interventions that go beyond "self-care," including creating a strategic wellbeing plan, and values-based boundary setting.
- 5** Walk away with a customizable *Burnout Recovery Resources* that you can use with yourself, your team, or your entire organization.

Dr. Laura Hambley Lovett

500+

Organizations Served

From Fortune 500 companies to growing startups

25

Years of Experience

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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.