Dr. Laura™

Where Thriving Cultures Take Root.

Uprooting Toxic Leadership to Grow a Thriving Culture



Book Dr. Laura

If you want a truly human-centered workplace, you can't ignore one of the most destructive threats to your culture: toxic bosses pretending to be leaders. Chances are, you've worked for - or around - one. Research shows 75% of employees have experienced a toxic workplace, and 57% have left a job because of a destructive leader. Like rot hidden beneath the bark, toxic bosses often start invisible, but their influence spreads through the roots, weakening the whole tree. Morale suffers, psychological safety shrinks, and talent starts to wither.

In this bold, research-backed keynote, Dr. Laura teaches you how to spot toxic leadership before it's too late. She reveals the real warning signs - not just the obvious symptoms - and shows practical ways to start tough conversations, set boundaries, and prune the damage without taking down the whole tree. Attendees will leave equipped to protect their teams, restore a healthy culture, and grow workplaces where people and performance can truly flourish.

What Your Audience Will Gain

1. **Master Dr. Laura's top 5 early warning signs to spot toxic leadership** *before* it takes root, from the hiring stage through to the promotion process.
2. **Discover Dr. Laura's 8 real-world, toxic leader "personas"** and how they lurk in your organization - from the self-serving egomaniac to the gaslighter.
3. **Understand how toxic leadership quietly rewires your culture, erodes psychological safety, and drives costly turnover** - and how to take immediate action *right now* to stop it.
4. **Receive a practical, high-impact playbook for addressing toxicity through the 3 Cs:** care, curiosity, and courage (including what to do, what to avoid altogether - and how to begin rebuilding trust).

Dr. Laura Hambley Lovett

500+	25	50K+	98%
Organizations Served	**Years of Experience**	**Leaders Inspired**	**Client Satisfaction**
From Fortune 500 companies to growing startups	Proven expertise in leadership and change management	Professionals transformed through her keynotes	Consistently exceeding expectations

---



For Further Information:

www.drlaura.live

connect@drlaura.live

+ 1 403.819.7060

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.