

MEDIA KIT

2024

Dr. LauraTM

DRLAURA.LIVE
MEDIA@DRLAURA.LIVE
@DR.LAURA__



ABOUT DR. LAURA

Dr. Laura Hambley Lovett is an organizational psychologist, author, keynote speaker, and podcast host based in Calgary, Alberta. With 25 years of experience consulting with organizations in Canada and internationally, she has founded several psychology practices since 2009, including Canada Career Counselling, which now serves thousands of Canadians annually coast-to-coast.

Dr. Laura's research on remote leadership and team effectiveness has been published dozens of times since 2003, and she is considered a trailblazer on the future of work, advocating for flexible and hybrid organizations. Her newest research centers on the behaviors and impacts of toxic leadership, with the goal of building healthier work cultures.

Dr. Laura is passionate about lending her expertise to improve the performance and wellness of both organizations and individuals. Her podcast, *Where Work Meets Life™*, brings timely insights and inspiration at the intersection of work and life. Topics include thriving workplaces, work-life wellness, career fulfillment, and advocating for a better world.

Dr. Laura serves as an Adjunct Professor of Industrial/Organizational Psychology at the University of Calgary. She was selected as a Woman of Distinction in Canada in 2014 and a Canadian Woman of Inspiration Award (Global Influencer) in 2018. She also received the John D. Patterson Media Award for the Psychologists' Association of Alberta in 2021. Above all else, she is a leader and mentor who is passionate about making a difference in people's work and lives.

AREAS OF EXPERTISE

CAREER FULFILLMENT

Dr. Laura's insight on Career Fulfillment emphasizes the significance of finding purpose and meaning in one's work. She provides practical guidance on identifying strengths, aligning values with career goals, and creating a fulfilling career path, drawing on her decades of experience as a leading career psychologist in Canada. Topics include:

- *Layoffs: How Organizations Can Be More Humane and How Individuals Can Recover and Thrive Post-Layoff*
- *Artificial Intelligence: Will Robots Take Your Job?*
- *The Rise of the Contingent Workforce: Managing Your Own Career*
- *Paycheque or Purpose? Rethinking Your Career*
- *Dealing with Your Teen's Career Uncertainty*
- *Retirement Transitions: "Life Beyond Golf, Gardening and Grandkids..."*

FUTURE OF WORK

Dr. Laura explores the rapidly changing landscape of work and the impact of hybrid and remote workplace structures have on the workforce. She shares insights on the skills and competencies that will be critical for success in the future, for employees, leaders, and organizations. Topics include:

- *Hybrid Work to Attract and Retain Talent*
- *Keys to Great Leadership in Remote and Hybrid Workplaces*
- *Why We Don't Need to Be Together on a Daily Basis to Thrive*
- *The Future of Work and the Evolving Workplace*

THRIVING ORGANIZATIONS

Dr. Laura can offer practical guidance on how to create a positive organizational culture that fosters collaboration, innovation, and growth. Dr. Laura's insights on leadership development, team effectiveness, and employee engagement initiatives provide a roadmap for building a great place to work where employees feel valued and supported, leading to greater retention, productivity, and success. Topics include:

- *The Power of Workplace Flexibility*
- *Women in Leadership*
- *Growing a Positive Corporate Culture: Dos and Don'ts*
- *The Rise of Toxic Leaders: What Can Organizations Do About It?*

THRIVING HUMANS

Dr. Laura is an expert on thriving humans and offers practical guidance on work/life wellness, mental health, and resiliency. Her insights are particularly relevant in today's fast-paced work environment, where maintaining well-being is essential to achieving a truly human-centric organization. Topics include:

- *Conquering Burnout and Building Resilience in Turbulent Times*
- *Mental Health and Wellness During Times of Uncertainty*
- *Creating Healthy Cultures Where People Want to Stay*
- *The Psychology of Workplace Stress*



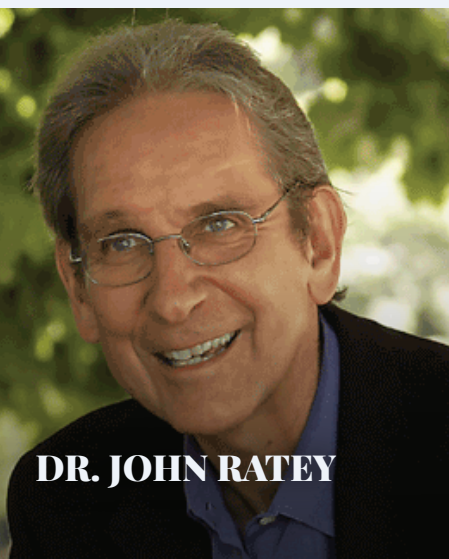
ABOUT THE PODCAST

Where Work Meets Life™ is a Canadian based podcast, with a global following, built on inspiring and informing those who are looking to thrive in their career and life. Hosted by Dr. Laura, the topics of thriving workplaces, work-life wellness, career fulfillment, and advocating for a better world are discussed through the lens of an organizational and career psychologist.

In each podcast episode, Dr. Laura speaks on a timely topic or is joined by an expert to discuss timely issues and themes relevant to work and life. With her guests, she provides actionable insights on such topics, and explores how listeners can create habits in their own lives to improve organizational and career health, wellbeing, and fulfillment.



PREVIOUS GUESTS



DR. JOHN RATEY



CY WAKEMAN



DR. SHAWNA PANDYA



MEDIA & PUBLICATIONS

ARTICLES

Entrepreneur

How Tech Leaders Should Approach Layoffs – and How to Build Trust With Remaining Employees

CPHR

Alberta

Albertans Return to the Office or to Work? Why the Hybrid Workplace Wins

ebn

The workplace has changed. Management hasn't. How to work better with your dispersed workforce

avenue magazine CALGARY

Featured in: *What to Think About When Making a Career Change*

APPEARANCES

Global NEWS

Canadians are foregoing vacation time

Why you should always pursue your passions

SAP

Remote work matters

hacking HR

The evolving workplace

PUBLICATIONS

Growing the Virtual Workplace: The Integrative Value Proposition for Telework

Predicting Teleworker Success: An Exploration of Personality, Motivational, Situational, and Job Characteristics

Making It Work! How to Effectively Manage Maternity Leave Career Transitions: An Employer's Guide
and more..

STATS

11k+ Social Media Followers

25 Years of Experience

9,500+ Total Downloads

Top 25% of all podcasts

CONTACT

Dr. Laura is available for media interviews and speaking engagements on topics related to career development, workplace trends, remote and hybrid work, work-life wellness, and workplace mental health. We appreciate your interest in Dr. Laura and look forward to hearing from you.



media@drlaura.live



403.819.7060



dr.laura.live



[@dr.laura__](https://www.facebook.com/dr.laura__)