

MEDIA KIT 2025



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@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 serves thousands of Canadians annually coast-to-coast.

Dr. Laura's research on remote/hybrid 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. Currently, Dr. Laura has been researching the behaviors, impacts, and ways to address toxic leadership.

Dr. Laura is passionate about lending her expertise as a career expert to organizations and professionals. 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: Impacts on Career Planning and Future-Proofing*
- *The Rise of the Contingent Workforce: Managing your Own Career*
- *Paycheque or Purpose? Rethinking your Career Path*
- *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 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:

- *Flexible 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 provides 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:

-Evolving corporate cultures where people stay and thrive

-Growing a Positive Corporate Culture: Dos and Don'ts

-Women in Leadership

-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, burnout 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*
- *Fostering Mental Health and Wellness in Today's Organizations*
- *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 leaders and employees 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 psychologist.

In many episodes, Dr. Laura is joined by a new 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 career health, wellbeing, and fulfillment.



PREVIOUS GUESTS



GEORGE CANYON



CY WAKEMAN



DR. SHAWNA PANDYA



MEDIA & PUBLICATIONS

FINANCIAL POST

Soft skills, preparation can help new graduates get jobs, experts say

Entrepreneur

Hybrid Work is the Answer If You Want to Help Both Your Employees and the Planet

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*

Global NEWS

Canadians are foregoing vacation time

Why you should always pursue your passions

SAP

Remote work matters

HR

The evolving workplace

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

12k+ Social
Media
Followers

25 Years of
Experience

12k+ Podcast
Downloads

Top 25 % of all
podcasts

CONTACT

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



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