



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

Dr. Laura Hambley Lovett is an Organizational Psychologist, Keynote Speaker, Author, and Host of the acclaimed podcast *Where Work Meets Life™*. With 25 years of experience, she is a leading voice in workplace psychology, culture, toxic leadership, and career development.

Dr. Laura has founded several psychology and consulting practices, including Canada Career Counselling in 2009, where registered psychologists help 1000's 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. Dr. Laura received a Canadian Women of Inspiration Award as a Global Influencer in 2018.

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

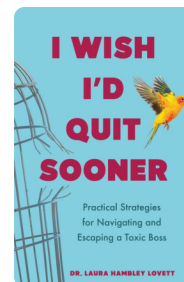
Consistently exceeding expectations

Upcoming Publications

[**I Wish I'd Quit Sooner: Practical Strategies for Navigating a Toxic Boss**](#) releases January 13, 2026. This book offers insights and practical strategies for addressing the damaging effects of toxic leadership.

Ready to Book Laura?

Laura is currently accepting bookings for keynotes, leadership workshops, coaching and consulting engagements. Let's work together to create an experience tailored to your audience's specific needs and challenges.



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