



Cait Donovan

BURNOUT EXPERT

I work with organizations to reduce burnout so they can keep top talent

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Bio

Cait Donovan is a Keynote speaker, one of New York City's leading burnout experts, host of "Fried - The Burnout Podcast," and author of the book "The Bouncebackability Factor". Her creative burnout recovery solutions have been featured on podcasts and online magazines such as "Forbes", "NPR," and "The New York Post" and in companies such as Lululemon and Pepsico.

Topics

Resentment Is Your Superpower

Do you want 5% more energy by the end of the hour? This workshop will show you how to get it. In a world obsessed with positive thinking, we've left behind some of our most powerful resources and lost connection with how to use them. Resentment Is Your Superpower allows participants to gain an entirely new understanding of 'negative' emotions, energy management, boundaries, and what getting your spark back really entails. It is empowering, inspiring, and Cait's most requested workshop. This one promises laughter and fun!

Burnout 101: Top Down and Bottom Up Solutions

The demand on workers and leaders alike through the past 3 years has caused burnout rates to skyrocket. High levels of burnout lead to communication issues, high employee turnover, high level of health related absence from work, and lack of productivity. This keynote addresses what can be done at the leadership level as well as the individual level to decrease burnout risk and increase burnout recovery. Top Down and Bottom Up, the best changes happen together.

Be a B.R.A.T About Your Boundaries

At the end of this workshop, you'll be able to use B.R.A.T. to create clear, kind, and concise boundaries that are designed to help empower other people into action and save YOU precious energy. You will come away with a deeper understanding of what how intrapersonal boundaries are represented on a scale researchers call the Integration Segmentation continuum and a set of tools that will allow you to create both internal and external boundaries while still embracing generosity and a community spirit!

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