

# Janice Litvin

## BANISH BURNOUT

SPEAKER / FACILITATOR / AUTHOR

Helping Leaders and Teams Enhance  
Wellness and Banish Burnout



### BANISH BURNOUT™ ACADEMY SPEAKING PROGRAMS

#### Banish Burnout: Move from Stress to Success

This interactive program teaches the skills to change your teams' reactions to stress from the inside, out. Janice shows your audiences how to become aware of their reactions, interrupt negative thoughts, and choose how to live. The result: behavior change for life.

#### Empower STEM Women: Strategies to Navigate Your Career and Banish Burnout

As a STEM woman herself, Janice encountered many obstacles on her career path. Now she helps women in STEM achieve success through strategies she learned in the field. In this lively interactive talk Janice shares humorous and relatable stories of succeeding through her career while preventing burnout. She shows her audiences how to carve out their own niche and figure out what's possible in highly competitive technology fields.

#### Banish Organizational Burnout to Cultivate Thriving Teams

Burnout is a two-way street. While teams are practicing self-care, your organization must care for your teams. This lively program shows you how to retain top talent and enhance productivity and your bottom line by creating a burnout-free work environment, from the top down. This means crafting a culture of well-being, as well as helping middle managers cultivate thriving teams, who are excited to come to work and have a boss they never want to leave.

Find out more details at:  
[www.JaniceLitvin.com/Speaking](http://www.JaniceLitvin.com/Speaking)



### WHAT AUDIENCES ARE SAYING

The sharing of Janice's expertise with our attendees is what made the Conference a success. We received outstanding feedback on the quality of your educational content, as well as your engaging energy.

—Lynn Dwyer, VP Executive Education  
& CEO Programs, American Bankers  
Association

Janice's passion and energy brought the room to life – with music and dance. Her personal touch makes attendees feel confident that she understands their organization's experiences, challenges and barriers. And she shares experiences that empower leaders to take action.

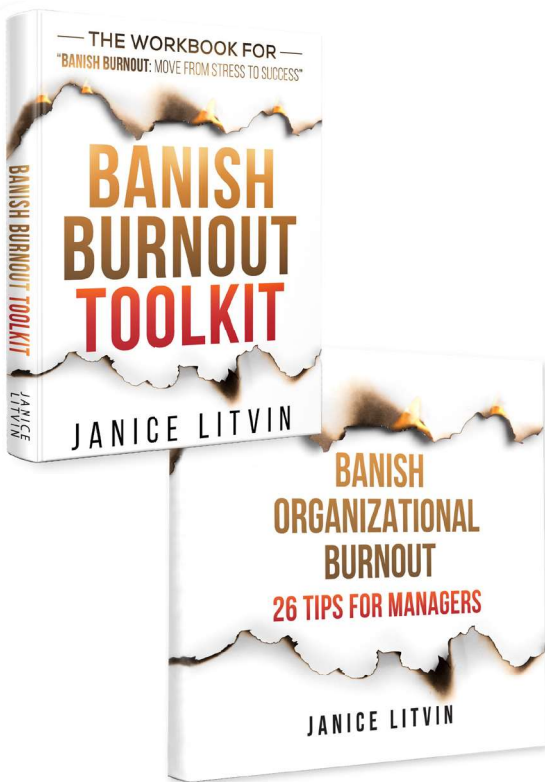
—Lianna Fry, Executive Director, Working  
Well Conference of Wichita

Janice Litvin is a dynamic and engaging speaker who will entertain and educate your audience on how to live a healthier and more vibrant life.

—Patricia Fripp, Past President, National  
Speakers Association, Keynote Speaker,  
Executive Speech Coach



**BOOK JANICE**  
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## BANISH BURNOUT TOOLKIT™

A workbook designed to help you learn how to change your reactions to stress from the inside out, so you can prevent burnout. This book is based on my Banish Burnout: Move from Stress to Success™ workshop, that engages teams to stop and take stock of their reactions to stress, where they came from, and how to change them. This workbook takes you and your teams step-by-step through the journey of untangling your negative patterns to effect real behavior change for life.

## BANISH ORGANIZATIONAL BURNOUT: 26 TIPS FOR MANAGERS

Designed to give you quick ideas with long term impact, so that you can prevent burnout for your teams. Infusing well-being into your culture makes good business sense. And teaching managers to support, communicate, provide opportunities for growth, and place emphasis on well-being makes people grow and feel happy to come to work. This enhances recruiting, retention, productivity, and the bottom line.

## ABOUT JANICE

Janice Litvin is on a mission to help leaders and teams banish burnout in their organizations, so their employees can come to work healthy, happy, and ready to work.

**Replacing your employees is much more expensive and time-consuming than helping them be well.**

Janice focuses on helping you keep your teams happy and productive through her unique wellness strategies. Her keynotes, workshops and Banish Burnout Academy Extended Learning program offer simple techniques to help your leaders

and teams manage stress to prevent burnout. Her talks inspire audiences to change their lives.

What makes Janice unique is her 20 years of technology recruiting experience, 10 years of IT experience, study of psychology, and her experience changing her own behavior.

Janice is a Recertification Provider for the Society for Human Resource Management (SHRM) and a Past President of the National Speakers Association, Northern California.

## FEATURED CLIENTS



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