



Dr. Susan Lovelle

The Thrive Architect



Transform your workforce with customized, data-driven wellness solutions.

→ About

Signature Talks

✓ **The Executive Edge: Hacking Hormones & Habits for Peak Performance**

In this riveting presentation, we delve into the intersection of lifestyle, health, and the unique challenges faced by executives, professionals, and entrepreneurs over 40.

✓ **From Busy to Balanced: Integrating Self Care Into Jam-Packed Schedules**

How do you find the time to adopt practices that are valuable for your well-being without feeling like you're just trying to cram in one more thing to do?

✓ **Resiliency & Self Care in the Workplace**

Stress and adversity are an inescapable part of life. Rather than collapsing under pressure, being able to bounce back after trauma is an important aspect of thriving.

Dr. Susan has worked with:



Dr. Susan Lovelle, speaker, author, and former award-winning plastic surgeon, is the Founder and CEO of Balanced Performance. She blends medical expertise with holistic solutions to enhance the personal and professional performance of busy executives and the teams they lead. By optimizing their energy and hormones, she drives improved productivity and bottom-line benefits for innovative leaders.

Dr. Susan has worked with companies like Liberty Mutual and DWEN and been featured on The Doctors, the docuseries *Exhausted*, Forbes, KNOW Women, and Good Morning Washington. Her book, *Thrive! The Five-Week Guide to Mastering Your Energy At Any Age* is available on Amazon.

Booking Information

To book Dr. Susan for your event:

☎ 919-925-5910

✉ Admin@balancedperformance.pro

"I cannot rave enough about her presentation style. In today's world where most are "zoomed-out", she was engaging, open to questions throughout the presentation, and thoughtful in her approach. She was a huge hit with our group!"

