



PAMELA COBURN-LITVAK, PHD ACC HLC

Neuroscientist | Stress Researcher | Author | Coach

Dr. Coburn-Litvak has spent 25 years studying how stress affects mental health -- something which has a direct impact on our professional growth and wellbeing.

As an ICF certified executive coach, she helps executives and leaders manage their work stress in terms of time and priorities management, communication, conflict resolution, and leading large change initiatives. Dr. Coburn-Litvak holds a specialty certification for healthcare leaders. Her coaching and advising programs help organizations prevent burnout and promote a culture of well-being.

“

Are you
managing your
work stress?

Or is your work
stress
managing you?

”



Testimonials



"This was one of the most informative webinars I've attended in a long time! I came away with important new insights and ways to combat burnout."

Jennifer Schmelter,
Principal, Sapphire Compass



"Providing a forum for our employees to discuss their challenges during COVID, sharing some theory, and then outlining stress management strategies was a winning formula. We have received so much positive feedback about the session and we are eager for Pam to come back -- she left our employees wanting more!"

Emma McCulloch, Director, Corporate
Communicaitons, Chegg Inc.



"Not only was the seminar chock-full of industry insights, but it also gave us a chance to take a pulse of our own stress levels and what's causing us stress, and an action plan to manage stress and get re-energize. Great session!"

Marriot Winquist, Principal,
Brighttree Business Consulting

Contact me at:

pam@litvakexecutivesolutions.com

Talks & Workshops

Find the complete list at [Speakerhub](#)



How to Manage Your Stress (Instead of Letting Stress Manage You)

Explore a 3-part stress management model based on neuroscience and stress research. Create an individual action plan to make an immediate, effective difference in your work stress.



Chasing the Right Rabbit: Best Practices for Time and Priorities Management

An old Russian proverb says, "If you chase two rabbits, you will catch neither." Learn best practices for time/priorities management developed by time management experts and stress research.



How to Lead Change Without Stressing Everyone Out

Explore key organizational psychology principles to reduce resistance and gain support for change initiatives.



Leading through Crisis

Create, using up-to-date crisis management/trauma research, a 3-part crisis management plan that will help your organization prevent stress-related trauma and promote recovery and resilience.



How to Have Challenging Conversations

"How do I make sure this high-stakes conversation doesn't go sideways?" "My team has lost their fire. How do I rekindle it?" "I have a conflict with someone at work and I have no idea what to do about it." Learn best practices for having challenging conversations.



Rates

Dr. Coburn-Litvak can cover each of these topics in **seminar/workshop** format or use them in **individual or group coaching**.

Virtual or **in-person** options are available.

		Cost*
60-minute seminar	45-minute presentation with 15 minutes of facilitated discussion.	\$1200
120-minute workshop	60-minute presentation with 60 minutes of facilitated discussion.	\$2000
Half-day workshop	4-hour workshop of presentations and facilitated discussion. Choose up to 3 topics.	\$3000
Full-day workshop	8-hour workshop of presentations and facilitated discussion. Choose up to 5 topics.	\$5000
Group coaching	6 months of bi-weekly coaching sessions (capped at 6 participants). May cover one or more topics.	\$6,000 per person
Individual coaching	6 months of bi-weekly coaching. May cover one or more topics.	\$10,000

*Cost of **travel** and **accommodations** for in-person events will be charged separately.

Contact me at:

pam@litvakexecutivesolutions.com