

Doctor

Meet Elizabeth "Dr. E" Lombardo

As a sought-after speaker, author, coach, and "America's Most-Trusted Celebrity Psychologist," Dr. E is changing stress as we know it.

The goal isn't to "stress-proof" our lives or eliminate pressure. **It's to transform stress into success—and create a culture of peak performance in the process.**

Dr. E has shared her practical strategies and ground-breaking findings on shows like Good Morning America, the Today Show, Steve Harvey, and more. She is the go-to expert for prominent publications like The New York Times, The Wall Street Journal, and Forbes and the author of the highly acclaimed book "Get Out of the Red Zone: Transform Your Stress and Optimize True Success."



**Mastering stress isn't rocket science—it's rocket fuel.
For leaders, teams, and organizations.**

Energizing audiences for:



*"At "The Oprah Winfrey Show", I met many transformational speakers and authors, and I can say with assurance that **Dr. E's path to change is a phenomenal one.**"*

Candi Carter
The Oprah Winfrey Show

*"Elizabeth **rocked the room** at our event!"*

Ellen Rogin, CPA, CFP
Create Great

*"Your message was so relevant to every person in that room, and it's something that we all will remember forever. **We could have listened to you speak for the entire day.**"*

Ashley Milne
The Wendy's Company

Learn more and Book Dr. E at www.ElizabethLombardo.com



Work to Win

A Bold Blueprint for Employee Engagement

Recharge your entire organization by creating a culture of commitment and resilient enthusiasm. Walk away with simple steps to extinguish burnout, cultivate a connected and cohesive culture, and understand what really motivates your people.

Leadership from the Inside Out

Mindset training for high-performance leaders

Shift from stress to strength as you elevate your mindset—and your leadership abilities. In this advanced session, you and your leaders will uncover what's sabotaging your connections, how to encourage stronger collaboration, and crucial skills you need to lead anyone.

Get Out of the Red Zone

Transform Stress into Sustainable Success

Workplace stress costs companies \$300 billion annually in lost productivity, absenteeism, turnover, and more. But this pervasive problem doesn't have to define your company. **Move your organization out of the stressful Red Zone and into the Green Zone, where productivity and engagement flourish, with this igniting keynote.**



Identify when you (or your team) are in the Red Zone of stress.



Debunk the biggest stress myths limiting your performance.



Apply new, actionable techniques to use stress to your advantage.



Ready to transform stress into success?

Check Dr. E's availability and plan your event at www.ElizabethLombardo.com