# Janice Litvin

# BANISH BURNOUT™

## SPEAKER / FACILITATOR / AUTHOR

### Helping Leaders and Teams Retain Talent and Build Cultures That Thrive

## SIGNATURE 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 attendees how to become aware of their reactions, interrupt negative thoughts, and set healthy boundaries. The result: behavior change for life.

### 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.

### Recruit to Retain in the Age of AI: The Power of Human Connection

As AI transforms the workplace, human connection matters more than ever. Drawing on her deep background in technology and 20 years in tech recruiting, Janice Litvin reveals how organizations can strengthen retention by building meaningful human connection throughout the employee experience.

Through her **Human Path to Retention Framework**, Janice describes how the everyday human experience shapes the reasons top people join, engage, and stay. With relatable stories, interactive moments, and immediately actionable strategies, attendees discover how to build trust, belonging, and strong workplace relationships in an increasingly AI-enabled world.

**Find out more details at:**
**www.JaniceLitvin.com/Speaking**

## ABOUT JANICE

Janice Litvin is a dynamic keynote speaker, author, and founder of **BANISH BURNOUT™ ACADEMY**. She is on a mission to help leaders and teams prevent burnout and retain top talent. With a unique background spanning technology, banking, recruiting, and the study of psychology, Janice brings real-world credibility to the stage. Her engaging keynotes and programs blend research-based strategies, practical tools, humor, and storytelling to help organizations create cultures where people thrive. Janice is a SHRM Recertification Provider and Past President of National Speakers Association of Northern California.

MEMBER NSA NATIONAL SPEAKERS ASSOCIATION

SHRM RECERTIFICATION PROVIDER SHRM-CP | SHRM-SCP

CERTIFIED VIRTUAL PRESENTER


**BOOK JANICE**
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www.JaniceLitvin.com

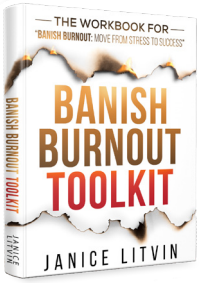
# BANISH BURNOUT ACADEMY

## A Burnout Prevention Engagement That Drives Sustainable Behavior Change

**BANISH BURNOUT™ ACADEMY** is a structured, multi-month engagement that helps organizations move beyond one-time wellness efforts to create lasting behavior change.

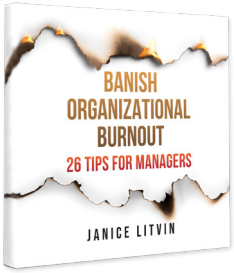
Through a combination of a high-impact keynote, bite-sized learning, and guided application, leaders and teams learn how to prevent burnout at its root, improve communication and trust, and build a culture that supports both performance and well-being. The Academy is designed for busy organizations that want practical tools, not theory, and results that stick long after the program ends.

- **Structured 3–6 month engagement** designed to drive sustainable behavior change that reduces burnout and supports retention
- **Bite-sized learning with guided application** that fits into real workdays while strengthening manager emotional intelligence and team psychological safety
- **Ideal for organizations** investing in leadership development, employee well-being, and long-term performance
- **Coaching available** in group or individual formats




"The *Banish Burnout™ Toolkit* is user friendly and practical. I recommend it most highly."

*—Jim Purcell, Former CEO, Blue Cross Blue Shield of RI, and Founder of Returns on Wellbeing Institute*




"Janice's methodology helps you cultivate a positive workplace culture that brings out the best in your employees."

*—Susan Schwartz, Emotional Intelligence Leadership Coach*

### BANISH BURNOUT™ TOOLKIT

A practical, step-by-step workbook designed to help individuals and teams change their reactions to stress from the inside out. Based on Janice's signature *Banish Burnout™: Move from Stress to Success* program, this toolkit creates lasting behavior change that helps prevent burnout before it starts.

### BANISH ORGANIZATIONAL BURNOUT: 26 TIPS FOR MANAGERS

A concise, actionable guide for managers who want to prevent burnout while boosting engagement, retention, and performance. These 26 practical tips show leaders how to infuse well-being into daily management practices to create thriving, people-first cultures.

## FEATURED CLIENTS

Genentech — A Member of the Roche Group
DEFENSE EQUAL OPPORTUNITY MANAGEMENT INSTITUTE
Anaplan
SGA Natural Gas Association
fisher scientific — part of Thermo Fisher Scientific
NDASA — National Drug & Alcohol Screening Association
ASBO International — Association of School Business Officials International
guaranteed Rate
SHRM
Rutgers
UTHealth Houston
CCISDA — California County Information Services Directors Association
American Bankers Association

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