



I am in the top 1% of most cited scientists worldwide with my work on health interventions included in the CDC’s Community Prevention Guide. In 2018, I experienced burnout which I described in my TEDx talk ‘How to stop burnout before it starts’ <https://youtu.be/9YY0gVnVPoQ>.

I am now on a mission to prevent burnout in other working moms and to change the narrative that burnout is an individual problem, and that self-care is the solution. It is a complex problem that requires multi-level solutions. I host the podcast *Overcoming Working Mom Burnout* and I write and speak regularly about burnout and behavior change.

Burnout is recognized by the World Health Organization and can affect employee engagement, productivity, absenteeism, healthcare costs, turnover and diversity.

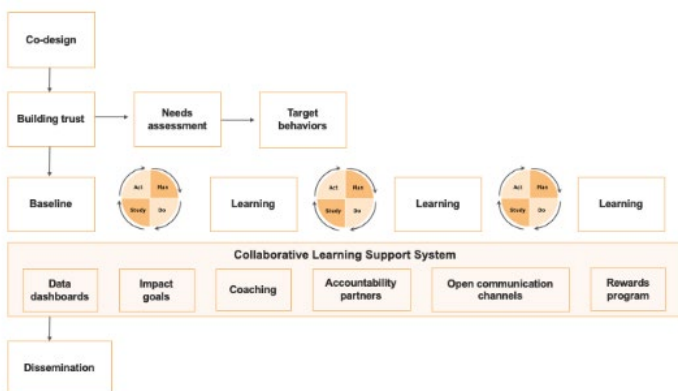
The good news is that my comprehensive burnout solutions can impact wellness, leadership development, and DEI at the individual, team and organizational level creating a more supportive workplace culture for all. As the US Surgeon General described ‘*Burnout manifests in individuals but is fundamentally rooted in systems*’. As a behavior scientist and burnout survivor, I bring a unique public health approach to solving our current burnout epidemic.



I can help your organization in several ways:

- 1) Take advantage of all the free resources on my website www.DrJacquelineKerr.com including my podcast, blogs, and guide to spotting burnout in your employees.
- 2) Hire me to ignite impactful change in your organization through an engaging keynote about my story, my science and my solutions. Learn about the 6 burnout profiles I have defined – high achievers, people pleasers, devalued workers, marginalized workers, busy lost souls and flight risks - and the different solutions for each of these types, with strategies at the individual, team and organizational level.

- 3) Allow me to provide you with a comprehensive strategic plan for burnout prevention in your employees that aligns with your DEI, wellness, and leadership development goals and provides evidence-based solutions to ensure individual, team and organizational change. Learning collaboratives and implementation science frameworks provide evidence-based processes to ensure sustainable cultural change.



wellness programs (internal or external) and provide evidence-based behavior strategies to improve your impact and ROI. My 15-step behavior change process can be applied to any behavior you want to change.

- 5) Engage me to create a pilot project using experimental design and evaluation to ease you into the change process and ensure it works for your organization.
- 6) Learn more about behavior change or burnout from my online courses, coming soon.

I look forward to working with you and your team. Please connect with me on LinkedIn or through my website www.DrJacquelineKerr.com

- What I want to be
- What
- When
- Where
- With whom
- For how long each time
- How often per week
- For how many days/weeks
- Reminder
- Anticipated barriers
- Accountability
- Tracking
- Reinforcement/Reward
- Overcoming barriers
- Getting support