

# Cait Donovan

BURNOUT EXPERT

On A Mission To  
#endburnoutculture

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## Bio

Caitlin Donovan is one of New York City's leading burnout experts and acupuncturists, host of "Fried – The Burnout Podcast," and author of the book "The Bouncebackability Factor: End Burnout, Gain Resilience, and Change the World". Her master's degree in Traditional Chinese Medicine enables Caitlin to combine Eastern wisdom with her natural practicality. After performing more than 25,000 acupuncture treatments,, Caitlin added 1:1 coaching, corporate workshops, and keynotes for companies such as Marsh&McLennan, VedderPrice, PTC and Lululemon. She has been featured on podcasts and online magazines such as "Forbes", "Elephant Journal," "Thrive Global," "Addicted 2 Success", as well as quoted in Oprah Magazine.

“

This is the most important talk I've heard in years. Everyone needs to listen to this.  
(Participant)

Everyone loved Cait so much they immediately asked that she keynote next year! (Planner)

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## Topics

### Burnout: Prevention vs. Recovery

So much of the material on burnout is focused on burnout prevention. There are strategies to re-align, focus, gain productivity, and more. But once you're already burnt out - those strategies no longer apply. By broadening the discussion about what it means to recover, Cait hopes to improve recovery times and rates while diminishing the shame, guilt, and judgment attached to burning out.

### TopDown and BottomUp Burnout Solution

Once burnout is happening in your company or your team, placing blame won't help. What will is a top down/bottom up approach that guides leaders toward better communication, boundaries, and trust and guides the burnt out toward healing. This is a both/and solution that is necessary in 2021.

### Work From Home Burnout

Balancing the new boundaries that need to be in place when living at working and working at home is an act that not enough of us had practice in. Learn how to find breeches in your boundaries, and how to plug them.

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