

FROM WORKING HELL TO WORKING WELL

Win-win Strategies to Bypass Burnout and Boost
Well-Being for Both Employees and the Bottom Line

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No longer do people need to work themselves sick or be sick of working. Lindsay Barnett helps people and organizations find their happy place in between. She captures the ways we can shape and role model the work-life harmony needed to get desired results and win together.

SHOW AND STORY IDEAS

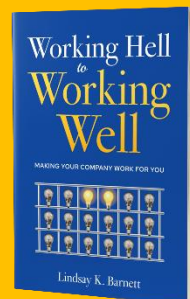
- **Poisoned on Purpose:** The Antidote to Working Ourselves Sick
- **The Three P's of Workplace Well-Being**
- **Leaving Loudly:** Why it's Important for Leaders to Signal the End of the Workday
- **Fully Part Time:** Recognizing that Work Is Just a Part of Your Life
- **Doing Less Better:** You Don't Have to Be First in and Last Out of the Office to Get Ahead
- **Golden Rubber Bands:** Getting Real About the Promise of Flexible Working
- **Exhausted by the Second Shift:** The 3 Energies Working Parents Can Play With
- **Networking Without the Ick:** Busting the Beliefs That Are Keeping You Stuck in Place
- **Think Like a Boss:** Recognize Your Choice and Find Your Voice at Work

BIOGRAPHY

Lindsay Barnett brings over 20 years of global Human Resources experience working with an array of Fortune 500 and start-up clients. In addition to being an executive coach and holding leadership roles in the HR function, Lindsay also was a Professor of Organizational Culture and Employee Outcomes at USC.

Working Hell to Working Well: Making Your Company Work for You,  captures Lindsay's knowledge of how organizations work, sharing the mindset shifts and approaches needed to create win-win scenarios for employees, leaders and organizations.

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