

Burnout Expert Cait Donovan Offers Bold Solutions to Combat the #1 Workforce Issue Facing CEOs

Keynote Speaker & Consultant Empowers Leaders to Build Thriving, Burnout-Free Cultures



New York City, New York Feb 18, 2025 (Issuewire.com) - [According to a recent Inc. magazine survey of 5,000 CEOs, burnout is the top workforce challenge facing organizations today, costing businesses globally an estimated \\$1 trillion in lost productivity.](#)

Keynote speaker and burnout expert Cait Donovan is offering a bold new approach to address this pervasive issue, moving beyond surface-level mental health support to tackle the internal and external systemic breakdown that burnout causes.

Donovan argues that burnout is more than just a mental health concern; it's a systemic issue impacting every aspect of an individual's well-being and even altering brain structure. Her keynote presentations empower leaders and team members to confront burnout head-on, fostering a culture of psychological safety, trust, and open communication.

"The top-tier associations and organizations I work with don't shy away from this problem," says Donovan. "They face it head-on because they understand that their people are their most valuable asset."

Donovan's BurnBOLD framework – [Build Awareness, Overcome, Leverage, Drive Forward](#) – provides a practical roadmap for associations to support the creation of thriving, burnout-free cultures - no matter where their members work. She equips individuals with the skills to build interoception (self-awareness) and provides companies with the tools to cultivate psychological safety and trust within their teams.

Position your association or organization as a leader in addressing workplace well-being by bringing in a sought-after expert like Cait Donovan.

Her keynote presentations offer actionable strategies for individuals, organizations, and associations, including:

- Understanding the root causes of burnout and its impact on the body and mind.
- Developing clear values and ensuring they are actively lived within the organization.
- Creating a renewable culture through consistent assessment, adaptation, and change implementation.
- Empowering individuals with clarity and control over the factors contributing to their burnout.

Donovan's message resonates with audiences because it acknowledges the complexity of burnout while offering concrete, actionable solutions. Attendees leave empowered, knowing what they can control and how they can influence positive change within their organizations.

"When we teach people the skills that build interoception and we teach companies the skills to build psychological safety and trust," explains Donovan, "we create cultures that thrive without burnout."

[Watch Cait's Speaker Reel Here](#)

About Cait Donovan:

Cait Donovan is a sought-after keynote speaker, burnout expert, and consultant who helps organizations build thriving, burnout-free cultures. Her dynamic and engaging presentations provide practical strategies for leaders to address the root causes of burnout and create a workplace where employees feel valued, supported, and empowered. Donovan's BurnBOLD framework offers a roadmap for creating lasting change, improving productivity, and fostering a culture of trust and open communication.

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