

Long Bio:

I'm a keynote speaker, productivity strategist, and workplace transformation expert who helps high-performing professionals and organizations break free from the "busy trap" and reclaim time, clarity, and focus.

With over 25 years of executive leadership experience at Fortune 100 and 500 companies—including BlueCross BlueShield and Materion Advanced Materials—I understand the hidden toll of time poverty, mental multitasking, and cognitive overload in fast-paced work environments.

As a former “busyness addict” turned intentional living advocate, I created the Busy Busting Framework—a research-backed system designed to reduce decision fatigue, eliminate low-value activities, and drive results without burnout. My work speaks directly to those experiencing achievement fatigue, executive time scarcity, and emotional labor overload, especially women navigating high-stakes roles. I deliver powerful keynotes, retreats, and workshops that explore the ROI of intentional time investment, the cost of urgency culture, and how to achieve peak performance without burnout. Whether I'm helping teams redesign their calendars for focus or guiding mid-career professionals to set empowered boundaries, my approach is both strategic and deeply human.

Known for my energy, humor, and data-driven insight, I inspire measurable change across industries—helping people and organizations do less, better.

Short Bio:

I'm a speaker and productivity strategist who helps professionals escape time poverty and burnout. As the creator of the Busy Busting Framework, I deliver research-backed strategies to reduce overload, reclaim focus, and achieve more by doing less—empowering individuals and teams to work smarter, live intentionally, and thrive sustainably.