

## **Speaker Intro:**

Our next speaker is a dynamic, research-driven voice in the space of productivity, leadership, and workplace well-being. With over 25 years of executive leadership experience in Fortune 100 and 500 companies—including BlueCross BlueShield and Materion Advanced Materials—she has led high-performing teams across Marketing, Sales, Operations, and Customer Experience.

A former self-described “busyness addict,” she knows firsthand the cost of living in constant overdrive. That experience inspired her to launch the Workplace Busy Report—her proprietary survey of more than 12,000 professionals—and to create the Busy Busting Framework, a data-backed system that helps professionals reclaim their time, energy, and purpose without sacrificing performance.

Peggy is also the author of *Beyond Busyness: How to Achieve More by Doing Less* an Amazon bestseller in the Workplace Health category, which further cements her as a leading voice on sustainable success.

She’s brought these insights to organizations like Google, Bank of America, Johnson & Johnson, and Harvard, delivering powerful keynotes and workshops that show leaders how to do less—better—and lead with intention.

Please join me in welcoming Peggy Sullivan!

## **Short Speaker Intro/Program Description:**

Peggy Sullivan is a keynote speaker, corporate wellness expert, and creator of the Workplace Busy Report, her proprietary study of more than 12,000 professionals on the true cost of busyness. Drawing on 25+ years of executive leadership experience with Fortune 100 and 500 companies, she developed the Busy Busting Framework—a research-backed system to help leaders and teams reclaim time, energy, and purpose without sacrificing performance. She is also the author of the Amazon bestselling book *Beyond Busyness: How to Achieve More by Doing Less* in the Workplace Health category.