

Dr. Kim Hires

Global Leadership Burnout Expert, Strategist, Author and host of the Leadership Antidote Podcast

HARNESSING BURNOUT: TRANSFORMING ADVERSITY INTO INNOVATION AND ORGANIZATIONAL RESILIENCE. In this thought-provoking keynote, attendees will embark on a transformative journey with Dr. Kim as they explore the untapped potential of burnout as a catalyst for innovation and organizational renewal. With a fresh perspective on burnout, Dr. Kim challenges conventional wisdom, illustrating how this seemingly negative phenomenon can serve as a powerful signal for change and an opportunity for growth. Drawing from a rich tapestry of real-world examples and a decade of insights, Dr. Kim reframes burnout as a valuable indicator of underlying issues within organizations and individuals. Rather than viewing burnout as a personal failing, attendees will learn to recognize it as a symptom of broader systemic dysfunctions that require attention and action. Through this lens, burnout becomes a clarion call for transformation, signaling the need to create regenerative, burnout-proof spaces where all employees can thrive. **THRIVING IN THE NEW WORLD OF WORK: UNVEILING**

THE WELLNESS BLUEPRINT FOR MILLENNIALS AND GEN Z. In this compelling and enlightening keynote, Dr. Kim delves into the evolving landscape of workplace wellness, offering invaluable insights into the six wellness languages crucial for thriving in the future of work. Drawing from extensive research and practical experience, Dr. Kim explores how the factors traditionally associated with burnout, as studied by Maslach and Leiter, are undergoing profound transformations in the context of contemporary workforce dynamics. As our understanding of burnout evolves, so too must our approach to addressing it. Dr. Kim guides the audience through an exploration of the six key dimensions that shape wellness in the workplace, shedding light on how each factor interacts with the others to influence overall well-being and resilience. Through illuminating anecdotes, data-driven analysis, and actionable strategies, Dr. Kim equips attendees with the tools they need to navigate the complexities of modern work environments and cultivate a culture of sustained wellness.