

INTRODUCTION:

Dr. Lisa Bélanger **Behavioural Change Expert | Researcher**

The CEO of ConsciousWorks, Dr. Lisa Bélanger is a renowned speaker, author, and expert in leadership development.

With a Ph.D. in Behavioural Medicine, an Executive MBA, and certifications in High Performance, Lisa blends cutting-edge science with practical strategies to help organizations unlock their team's full potential — without the burnout.

As the creator of the *Work Less, Produce More* podcast and author of *Inspire Me Well* and *A Cup of Mindfulness*, Lisa empowers leaders to achieve sustainable success while prioritizing well-being. Her upcoming book, *Work Better, Rest Better*, provides science-backed strategies for peak performance with energy to spare.

Known for her blend of science, energy, and humour, Lisa has worked with hundreds of leaders across industries, helping them build resilience and enhance productivity in today's ever-changing world. When not delivering keynotes, she's summiting mountains, running marathons, or juggling snacks and motivational talks as a mom of two.