

## Bio Janice Litvin

### Intro

Ladies and gentlemen, it is my pleasure to introduce one of our country's leading health advocates...

She's an industry leader who is a certified virtual presenter and Society for Human Resources Management recertification provider...

She is an expert motivator and award-winning speaker who has spoken about managing workplace stress in workshops, keynotes, and accountability groups throughout the country...

She is a scholar, who's new book, *Banish Burnout Toolkit* helps you learn to manage stress to prevent burnout...

Ladies and Gentlemen, will you please join me in welcoming, our good friend, Janice Litvin.

### 100 Word Bio

Janice Litvin is an award-winning speaker and official Society for Human Resources Management (SHRM) Recertification Provider who helps as people take care of their physical and mental health. Her workbook, *Banish Burnout Toolkit*, developed a stress management approach that maximizes engagement in workplace wellness.

Janice has served on the Workplace Wellness Committee of the American Heart Association and spoken on their behalf to San Francisco Bay Area organizations. She is a member of the National Speakers Association, Wellness Council of America, and SHRM Northern California. In 2017 she formed the Bay Area Wellness Association.

### 50 Word Bio

Janice Litvin is an award-winning speaker and official Society for Human Resources Management (SHRM) Recertification Provider who helps as people take care of their physical and mental health. Her workbook, *Banish Burnout Toolkit*, developed a stress management that maximizes engagement in workplace wellness.