



*Kristen Donnelly is one of The Good Doctors of Abbey Research, COO of their parent company Abbey Companies, and an unapologetic nerd for stories of change.*

**Your audience will leave the session:**

**EDUCATED** about the topic  
**EMPOWERED** to make changes  
**EXCITED** to share their new knowledge

**No matter the topic, method, or location, Dr. Kristen delivers.**

**Forbes**

**yahoo!**  
finance

**TEDx**

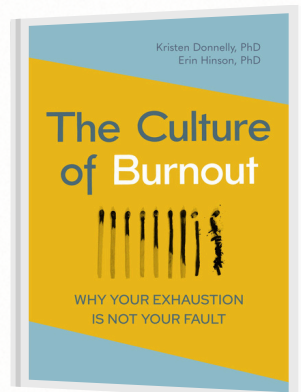
**Bloomberg**

**BUSINESS  
INSIDER**

## SPEAKER BIO

Kristen Donnelly (MSW, M.Div, PhD) is an award winning four time TEDx speaker, international educator, and researcher with two decades of experience in helping people understand the power in inclusivity. She is the co-author (along with Erin Hinson) of the multi-award winning, best selling book "The Culture of Burnout: Why Your Exhaustion Is Not Your Fault" (2023). Kristen lives outside of Philadelphia with her husband, where they are surrounded by piles of books and several video game consoles.

## NEW BOOK



*"If you read one book on self-care this year, let it be this one."*

Reader Views Review

## SIGNATURE TOPICS

### → THE CULTURE OF BURNOUT

Based on our multi-awarding winning book "The Culture of Burnout" this talk introduces the cultural origins of burnout and provides practical tips on how to overcome it.

### → HOW TO WORK WITH DIFFERENT GENERATIONS

We are currently living through the greatest generational gap in the workforce. This talk explains what you need to know about multigenerational workforces and how to manage them effectively.

### → RECRUITMENT & RETENTION POST-COVID

We all might be tired of talking about the pandemic, but it is still having a lasting impact on the workplace and economy. In this talk, Kristen shares her insights and success stories from transitioning to ownership during a global pandemic.



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*Dr. Kristen is a powerful speaker whose passion for equity and changing the world is both contagious and empowering. We feel so honored that Dr. Kristen took time to support, teach, guide, and love our group of leaders, and I highly recommend her as a resource, speaker, and facilitator!*  
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## CONTACT KRISTEN



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