



THRIVING THROUGH RELENTLESS CHANGE

CHRIS DYER

Keynote Speaker | Community & Culture Architect

Burnout Speaker

MAKE BURNOUT SOLVABLE.

Burnout is not a vibe problem. It is a systems problem. I replace performative wellness with practical fixes that protect belonging. Your people leave with tools, shared language, and a plan they start the same day.

SIGNATURE KEYNOTES:

Thriving Through Relentless Change | Burnout Culture, A Roadmap to Reversal and Resilience

KEYNOTE TAKEAWAYS FOR YOUR ATTENDEES

- Meeting hygiene that saves hours. Start on time. End early. One owner. No new topics.
- Boundary-honoring collaboration. Team agreements, quiet hours, clear handoffs, and real vacations.
- Deep work time that sticks. Focus blocks, open collaboration windows, message triage.
- Transparency that lowers stress. One source of truth, office hours, and simple progress visuals.
- Seven kinds of rest. Match recovery to the load, physical through spiritual.

TOP REASONS TO BOOK CHRIS DYER

- **Inc. Magazine** named him the **number 1 Leadership Speaker on Culture**
- **3 bestselling books**, including *The Power of Company Culture*, listed as a Top 10 HR Book of All Time
- **Trusted** by Citibank, Intuit QuickBooks, NASA, NOAA, Johnson & Johnson, SHRM, and Kelly Services
- **More than 350 global keynotes**, consistently top-rated by audiences and talent leaders
- **Global recognition**, number 5 LeadersHum Power List, Top 50 Global Thought Leader, Forbes Business Council and Fast Company Executive Board

WHAT CLIENTS SAY

“Your content and delivery were both terrific! Anything over 4.5 is best-in-class, and you clearly did a phenomenal job.”

Donna Duncan, Brand Experiences Events Manager, Intuit

“A two-hour session with a room that size can be a challenge, but I knew I picked the right person—Chris kept everyone engaged and delivered real value.”

Kennedy Wells, Education & Development, Siemens Healthineers



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