

# Dr. Sharon Grossman: The Burnout Doc

International Speaker  
Bestselling Author



## TESTIMONIALS

*Dr. Sharon helped distill the root causes of my burnout which helped me develop a plan of action to reduce my stress and heal my burnout.*

- Annalee C., M.D.

*Dr. Sharon is engaging, brilliant, enthusiastic, and insightful. I gained tools that I can implement in my daily life to be my best self.*

- Kerri J., M.D.

*Sharon's workshop on burnout was engaging and interactive, filled with practical tips for how to thrive in professional and personal life.*

- Lauren R., M.D.

## SHARON GROSSMAN'S BIO

Dr. Sharon Grossman is the author of the International Best Selling book, *The 7E Solution to Burnout: Transforming High Achievers from Exhausted to Extraordinary*. As a burnout and productivity expert, she guides professionals to become resilient in the face of stress and have optimal performance.

Over the past two decades, Dr. Grossman has been a psychologist and coach. She obtained her doctorate degree in Psychology from Fordham University. An international speaker, Dr. Grossman conducts professional and personal development workshops focused on success-based strategies. Her coaching company ([drsharongrossman.com](http://drsharongrossman.com)) provides custom solutions centered on redesigning mindset, habits, and lifestyle.

## TOP REQUESTED KEYNOTES

- Mindset Matters: How to Reframe Your Thinking About Stress to Minimize Burnout
- Crack Up Your Code: Re-Engage Your Way Back From Burnout

## CORPORATE TRAININGS: OPTIMAL PERFORMANCE @ WORK SERIES

- Decoding Burnout for Optimal Work Performance
- How to Turn Your Resilience from Zero to HERO
- How to Prevent Burnout When Working in a Team
- Burnout Recovery: How to Get Back to Yourself

## TYPES OF EVENTS

- Keynotes
- Training
- Consulting
- Lunch and learn
- Executive coaching

## CONTACT DR. SHARON

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FROM EXHAUSTED TO EXTRAORDINARY

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SOLUTION TO  
BURNOUT**

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