



LEADING YOURSELF: FINDING JOY AND MEANING AT WORK

with Elizabeth Lotardo

Complimentary to IMS Members (US) per person

VIRTUAL SESSION (1-HOUR)

LEADING YOURSELF: FINDING JOY AND MEANING AT WORK

Even if you're not in your dream job, self-leadership gives you the power to elevate your work experience. Will work ever be perfect? No. Can it be better? Absolutely. Through real-life examples, actionable takeaways, and funny stories, bestselling author Elizabeth Lotardo will teach you ways to get the most enjoyment and productivity from the job you have.

ELIZABETH LOTARDO

Elizabeth Lotardo is an executive consultant, speaker, and bestselling author who helps organizations drive emotional engagement. Her new book, *Leading Yourself*, has been called a refreshingly candid playbook that helps you create a work experience worth loving, right now.

With an undergraduate degree in advertising from Boston University and a Master's in Industrial and Organizational Psychology, Elizabeth works with senior leaders, frontline managers, and entry-level teammates to create more purpose-driven work experiences.

Her clients include Salesforce, DraftKings, Hilton, and numerous Berkshire Hathaway organizations. Elizabeth writes for Harvard Business Review and her work has been featured in The Wall Street Journal and on NPR.

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