

# Elizabeth Lombardo, Ph.D.

## Acclaimed Clinical Psychologist & Coach; Author of Get Out of The Red Zone; Positive Psychology Expert

Please contact a GDA agent for information.

### Topics

- Emotional Intelligence
- Family / Relationships
- Mental Health / Psychology
- Peak Performance
- TED-Talks
- Women's Health & Issues
- Work-life Balance

### About Elizabeth Lombardo, Ph.D.

Dr. Elizabeth Lombardo (Dr. E) is often referred to as "America's Most Trusted Celebrity Psychologist." She has even been called NBA star Shaquille O'Neals "Head Coach for Happiness." With a Ph.D. in Psychology and over two decades helping celebrities, high performing executives, entrepreneurs and athletes address stress, crush their inner critic, and access untapped reserves of potential, it's no surprise that Dr. E is a sought-after keynote speaker, author and coach.



Dr. E is on a mission to change the global conversation around our limiting beliefs, anxiety and stress, which she refers to as The Red Zone. Based on research from her new book *Get Out of the Red Zone: Transform Your Success and Optimize True Success*, she reminds us that now is the time to prioritize our well-being by accessing new approaches to manage and mitigate stress in healthy ways.

Think about this: We have about 60,000 thoughts swirling in our heads each day. That's 60,000 ideas, assumptions, attitudes, concerns, expectations, perceptions, interpretations, and beliefs. Add to that the constant uncertainty and anxiety that we can feel on any given day and it is easy to see how stress can take hold of us in a flash. And that stress is having deep effects on people's mental health as well as productivity, which is all the more reason Dr. E continues to be a sought-after speaker giving audiences a better roadmap to communicate with ease to overcome distressing moments and conversations at work and at home.

Her focus on science-based tools for positive thinking and action extends in other areas of focus, including her role as President of EleVive, a company geared toward providing teens and their parents the tools needed to flourish in all areas of their lives: academics, social relationships, sports, performing arts and more. Dr. E also offers Concierge Coaching where she works with individuals to create sustainable change. Her unique tactics include ways to better formulate resilience and how to communicate much more productively when in the right frame of mind.

Dr. E continues to be a go-to resource for media outlets and has done over 100 national TV and radio appearances on shows such as Good Morning America, Dr. Oz, The TODAY Show, Steve Harvey, CNN, Fox Business News and others. She has contributed to The New York Times, The Wall Street Journal, SUCCESS, Fast Company, Huffington Post, Forbes and other respected publications. Dr. E has guided a number of Fortune 500 companies, presenting large-scale opening keynotes as well as running smaller workshops and exclusive executive roundtables. Previous clients include: Coca-Cola, Oppenheimer, Westinghouse, Solo Cup, NBC Universal, Deloitte, UBS, Lincoln Financial and many others.

Through her inspiring writing, on-line training, transformative keynote speeches and private one-on-one work, Dr. E is on a mission to change the global conversation around ICS (Inner Critic Syndrome) FOR GOOD... so we can all live happier, fuller and more connected lives.

### Select Keynotes

#### • Work to Win: A Better Blueprint for Employee Engagement

Dr. Elizabeth Lombardo (Dr. E) is providing a new blueprint for employee engagement. With her deep insights into human psychology and her transformative approach to addressing stress, uncertainty and change, Dr. E gives leaders a better framework for conversations and strategies that foster cultures of genuine commitment and enthusiasm.

Your people are your greatest asset, and recent data shows that they are struggling. According to Gallup, 85% of workers are not engaged at work. Low employee engagement is associated with higher turnover, decreased productivity and a 37% increase in absenteeism, costing the US economy \$350 billion annually. On the other hand, organizations with a culture of engagement are 21% more profitable.

In this keynote, Dr. E draws upon years of coaching C-Suite leaders and high performing athletes, as well as research and science from her acclaimed book, *Get Out of the Red Zone*. She equips leaders and individuals with the tools needed to overcome the hidden obstacles that hinder engagement. Creating an engaged company culture is not rocket science, but there is science behind it, and Dr. E helps audiences walk away inspired with their better blueprint of immediate, actionable, science-based steps to drive greater success for themselves and the entire organization.

#### Key Takeaways

- ◆ Create a simple but profound blueprint to foster a productive, inspired culture.
- ◆ Identify the hidden hurdles that prevent full employee engagement.
- ◆ Discover the science behind brain hacks that are vital to a connected culture.
- ◆ Develop an understanding of what drives your people to intrinsic engagement.

### • Leadership from the Inside Out

When you think about great leaders you often read about traits like authenticity, communication, collaboration and the ability to be visionary. However, none of these characteristics are truly possible if you don't lead from the inside out.

Because actions are determined by your thoughts, elevating how you perceive situations and people can change everything. Leading from the inside out may, in fact, be the single most important ability for a leader to possess, and yet most people are never taught these vital skills.

Your mindset can make or break your leadership success. In this keynote, Clinical Psychologist, Transformative Speaker and the person Shaquille O'Neal calls his "Head Coach for Happiness," Dr. Elizabeth Lombardo (Dr. E) uses relevant stories and cutting-edge research to explore how to optimize leadership from the inside out. She also draws upon data from her acclaimed book,

*Get Out of the Red Zone*, to provide strategies for leading out of stress and beyond the fear of uncertainty. Audience members will walk away with immediate, actionable strategies to motivate emerging and diverse organizational talent, exceeding your annual company objectives.

#### Key Takeaways

- ◆ Uncover internal barriers that sabotage interpersonal relationships within your team.
- ◆ Discover how to bring out the best in others to powerfully work toward a common goal.
- ◆ Learn to shift from overwhelm and stagnation to innovation and achievement.
- ◆ Develop skills to inspire anyone, no matter how difficult or demanding they may be.

### • Get Out of the Red Zone of Stress to Optimize Peak Performance

Currently 91% of workers report unmanageable stress, and a whopping 86% would like their organization to support them in overcoming it. Organizations are also hungry for a reduction in workplace stress as it costs US companies over \$300 billion annually on absenteeism, presenteeism, healthcare utilization and turnover (to name a few).

Many organizations are aware that stress interferes with peak performance but aren't sure how to best support their employees. What can make the biggest impact immediately? Your employees need to learn to get out of the red zone of stress, or heightened levels of distress, and into the Green Zone where innovation, collaboration and peak performance prevail.

In this keynote, Clinical Psychologist and Transformative Speaker on Positive Psychology Dr. Elizabeth Lombardo (Dr. E) uses relevant stories and cutting-edge research from her acclaimed book, *Get Out of the Red Zone*, to share strategies that are immediate and actionable for getting out of the red zone of stress and into peak performance. Audiences have breakthrough insights about how to make stress get the best from them, instead of the best of them, personally and professionally.

#### Key Takeaways

- ◆ Recognize when you and others are operating in the Red Zone of stress.
- ◆ Bust pervasive myths about stress that interfere with performance.
- ◆ Learn research-driven approaches to operate at your peak in any situation.
- ◆ Discover how to manage stress and always use it to your advantage.

### • Relationships/Couples

Ready to take your relationship to the next level? No matter how long you have been together, it is not only possible but actually quite simple with the right approach.

Join Dr. Elizabeth Lombardo for a fun-filled and transformational experience that will help bring you and your partner more love and lasting joy to

your relationship.

This is a customized event (workshop or retreat) that can include any of the following topics:

- ♦ **Get Out of the Psychological Red Zone:** How to have productive interactions, even when things are stressful.
- ♦ **Love languages:** Identifying what they are, how to use them and (what no one else is talking about) what to avoid.
- ♦ **The Over-Under Principle:** Dr. E's patented principle will help you get along with anyone better. (A YPO Gold member shared three years after learning this, "The Over-Under Principle literally saved my marriage!")
- ♦ **Forgiveness:** How to *actually* let go of the past so you can create the present and future you desire.
- ♦ **Life Visioning:** Stop existing on "auto-pilot" in your relationship and proactively create a plan for your present and future.
- ♦ **"I Didn't Know That About You":** Psychological assessments to understand your partner better and optimize interactions.
- ♦ **You Don't Need a Ph.D. in Parenting:** Having challenges with your child/children? Learn research-supported tips to enhance your family relationships.

### Select Book Titles

- **2021:** Get Out of the Red Zone
- **2014:** Better than Perfect: 7 Strategies to Crush Your Inner Critic and Create a Life You Love
- **2009:** A Happy You: Your Ultimate Prescription for Happiness

### Select Articles

- [Meet Keynote Commencement Speaker Elizabeth Lombardo, PhD '02](#)
- [How to Overcome Burnout and Thrive?](#)
- [The Mind-Body Connection: Elizabeth Lombardo's Approach to Peak Performance](#)
- [Redefining the Game: How Dr. Elizabeth Lombardo is Changing Psychology of Sports](#)
- [The Gratitude Jar: How Elizabeth Lombardo's Simple Exercise Can Improve Your Mindset and Happiness](#)
- [Five Ways To Modernize Your Talent Strategies Amid The Great Reimagination](#)
- [Educating Organizations Out Of The Red Zone Of Stress](#)
- [6 Signs of High-Functioning Anxiety to Know](#)

### Select Testimonials

"Dr. Elizabeth Lombardo delivered a really important message to our people today in talking about how happiness affects your ability to do great work. She gave some real practical tips that our people will take away and implement on a daily basis about how to change their perspective, change the lens that they are thinking about and really learn the skill of how to be happy. We really appreciate Dr. Lombardo's feedback to our group."

— Beth Mueller, Tax Partner, Deloitte Tax LLP

Elizabeth Lombardo spoke as a keynote during the Women's Foodservice Forum's 2016 Annual Conference and was imperative to the impact of the event. Her session on "Leadership from the Inside Out" resonated so well with our attendees that she had people following her to other appearances throughout the conference. Elizabeth's positive, upbeat styling is truly a great asset to any speaker lineup.

— Hattie Hill | President and CEO, Women's Foodservice Foundation

Dr. Lombardo provides impactful and actionable steps to optimize your mindset for success.

— Matt Cowell Partner - HR Transaction Services at KPMG

I joined YPO to find my edge and expand as a person, business leader, parent, partner and impact-maker. Elizabeth Lombardo was the first resource I have met who delivered substance to each of these dimensions and beyond. Her caring strength, keen insights and steadfast commitment to find the gem within ourselves seem to be the secret key to unraveling the "Ah Ha's" we YPOer's need to push through to the

next level. Whether it's for your Forum, Chapter or Network, I strongly recommend Dr. Lombardo as a resource for those ready to find contentment and self-love more than ever before.

– *Seth Streeter, Past YPO Chair, Financial Services Network*

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– *Seth Streeter, Past YPO Chair, Financial Services Network, Founder of Life 3.0*

Dr. Lombardo is my Head coach for happiness.

– *Shaquille O'Neal 4-time NBA Champion*

### Select Client Feedback

I feel Elizabeth was received very well!!! She was full of excitement and vitality. She kept the group awake, involved, spoke directly to them about their passion. I had several physicians ask if we had any of her books on hand which regretfully did not. Elizabeth left the group with positive thoughts and tools to take with them and hopefully many took advantage of the link she provided. Elizabeth is a great speaker! I think everyone thoroughly enjoyed having her speaking to our group.

– **Terry Cox** *National Cardiovascular Partners*

Firstly I would like to say a HUGE thanks to Elizabeth and GDA speakers for being part of the Corporate PA summit. I can safely say that the event would not have been the same without you all. Elizabeth brought such energy and professionalism to the summit, and we look forward to working with her on future events. The delegates rated Elizabeth at 4.9 out of 5, which is just unheard of. I have been collating the feedback, and it has been outstanding..... 'Elizabeth had some great advice. I really learnt a lot' 'Especially enjoyed Dr Lombardo's presentation. She made me realise a lot about myself and what I could improve on'

– **Cass Brownlow Davies** *Think Tank*