



Dr Jo Braid

SPEAKER KIT

www.drjobraid.com

Dr Jo Braid

KEYNOTE SPEAKER

Dr. Jo Braid, The Burnout Recovery Dr, is a sought-after keynote speaker, doctor, and leadership coach who transforms the lives of healthcare professionals and high achievers. With two decades of experience in the medical field and expertise in burnout recovery, Dr. Jo delivers actionable strategies for thriving under pressure.

From boardrooms to healthcare conferences, Dr. Jo Braid shares her proven frameworks for restoring energy, managing stress, and cultivating emotional fitness. Whether you're navigating career challenges, leading a team, or seeking balance in a high-pressure environment, Dr. Jo's insights will leave your audience inspired, informed, and empowered.



22Y

as a doctor



550H

of coaching



35K

podcast downloads



50+

speaking
engagements



SPEAKING TOPICS

✓ 1. **Protect the Asset: Foundations for Burnout Prevention**

A powerful session exploring how leaders and high performers can prioritize themselves to maintain peak performance. Discover the core pillars of self-care—mindset, movement, sleep, and support.

✓ 2. **Emotional Fitness: Thriving Through Uncertainty**

Learn how to build resilience and emotional strength to navigate uncertainty and avoid burnout. Perfect for professionals and leaders seeking to lead with clarity and confidence.

✓ 3. **The Burnout Recovery Framework: Sustainable Success**

Unpack Dr. Jo’s step-by-step approach to recognizing and recovering from burnout. This session provides practical tools for creating balance and joy in work and life.

AS SEEN IN



Client Testimonials

“

Jo is knowledgeable, approachable and passionate about her work. I highly recommend her to anyone looking for expert guidance on burnout prevention and sustainable well-being, both professionally and personally.

Kate Lockwood, OT

“

Terrific speaker!
Very engaging and so easy to communicate with prior to our event. I can highly recommend Jo for your next team event.

*Karen Trengrove,
Speech Pathologist*

The Podcast

THE BURNOUT RECOVERY
PODCAST



Dr Jo Braid is a seasoned podcast host, celebrating the release of 100 podcast episodes in October 2024. She has a range of solo episodes, sharing science-backed practical tools. She also hosts a range of guests on the podcast, who inspire the audience with their stories and strategies for burnout recovery. The podcast has a worldwide reach and is in the top 5% of all podcasts globally.



MOST DOWNLOADED EPISODES

Ep 1: How to Recover from Burnout
solo episode

**Ep 4: From Burnout Recovery to
Retreats for Doctors**
with guest Dr Emily Amos

Ep 118: ABCs of Burnout Recovery
solo episode

Ep 110: Burnout: How to recognise it
solo episode

STATISTICS

35k+

total podcast
downloads

310

average listens/
episode

150

episodes
released

5/5

podcast rating

MY AUDIENCE

77%

women

34%

45-59 yrs old

57%

AUSTRALIA

Why book Dr Jo Braid

DRJOBRAID.COM

- **Burnout Recovery Expertise:** Transformative strategies for overcoming and preventing burnout, tailored to healthcare professionals and high achievers.
- **Leadership Focus:** Insights into emotional fitness, self-awareness, and effective communication for impactful leadership.
- **Proven Results:** Science-backed, practical strategies that have been tried and tested.
- **Engaging and Actionable:** Captivating storytelling combined with humour and practical takeaways ensures lasting impact.

Testimonials

Dr Jo Braid was receptive and enthusiastic and fulfilled her brief perfectly in terms of time and content. She focuses on clear, actionable content and engaged her audience with grace.

Dr Clair Whelan, Urologist

Jo is incredibly knowledgeable in helping people overcome (and avoid) burnout. But her knowledge is delivered with compassion and care providing the perfect mix of technical expertise and a delivery technique that gets results. Highly recommended.

*Angus Pryor,
Dental Marketing Solutions*



RECENT PRESENTATIONS

Business Leaders 2025

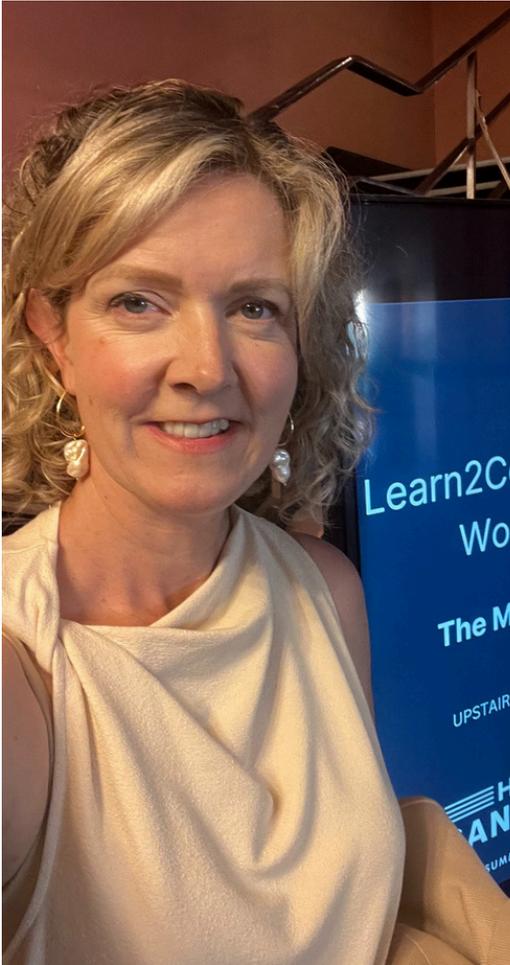
Business NSW

Mental Fitness for Tomorrow

Charles Sturt University, Dubbo

Wellbeing Lunch and Learn

Bathurst Health Service



WHO I WORK WITH

Leaders in their field, particularly in healthcare. Jo has experience facilitating group workshops in regional and metropolitan locations. She has expertise in holding space and inviting people to share. Jo regularly facilitates Schwartz Rounds at Bathurst Health Service.

WHAT YOU CAN EXPECT

A human who loves human connection. Jo prides herself in her communication skills both listening and delivering to an audience big or small. She makes the complex simple. She is a thought leader in mental health and wellbeing.



hello@drjobraid.com
<https://drjobraid.com>



BOOKING DR JO BRAID

To check availability or request a proposal, contact:
hello@drjobraid.com

Let's make your next event unforgettable with Dr. Jo Braid, The Burnout Recovery Dr.