



## **Erin Stafford Introduction**

Erin Stafford is an award-winning speaker, best-selling author, burnout survivor, hyper-growth business leader and Cambridge social psychologist.

From working with the world's highest achievers throughout her 20+ year international career, being a Type A poster child herself and interviewing Olympians, start-up founders, Fortune 500 CEOs, leading researchers and celebrity coaches, Erin has seen firsthand how constant over-achievement and hustle are coveted in the world of business, yet can lead to debilitating burnout.

Here to share the steps leaders must take to move from exhaustion and burnout to thriving again, both at work and in life, please help me welcome Erin Stafford.