

INTRODUCTION

DR. KATE STEINER

At this time, please silence or turn off your cell phones. My name is (Your Full Name), and I am the (position) for (organization), and it's my pleasure to welcome you to today's program.

Dr. Kate Steiner is a burnout recovery expert and lifetime researcher in wellness and burnout. Her practice helps and supports clients walking through the burnout recovery process for a happier and healthier life. By developing a self-reflective plan that identifies and prepares for burn events, her mission is to end the burnout cycles.

Dr. Steiner's work has been published in a wide range of industry leading outlets including, The LIST, Authority Magazine, Thrive Global, Daytime Blue Ridge (NBC), WTTA (NBC) Bloom TV, FOX Good Day Washington, and myfitnesspal, and industry publications, Essentials, and Perspectives Magazine.

A burnout recoveree herself, Dr. Steiner understands the impacts that suffering from this condition has emotionally and physically on both personal and professional lives. She helps others to break through the state of anger, self-doubt, lack of motivation, and feeling helpless and defeated; while supporting them through the process of finding the way back to a joyous version of themselves.

Please welcome Dr. Kate Steiner

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