

MEDIA KIT

2024



COURTNEY MURPHY

**HELPING COMPANIES & INDIVIDUALS
THRIVE IN THEIR SUCCESS**

CONSULTANT | COACH | SPEAKER | AUTHOR

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COURTNEY MURPHY

Founder & CEO of WorkWell People Solutions, Courtney Murphy brings 20 years' experience in corporate HR with degrees in Strategic HR Management, Psychology, and Diversity and Inclusion.

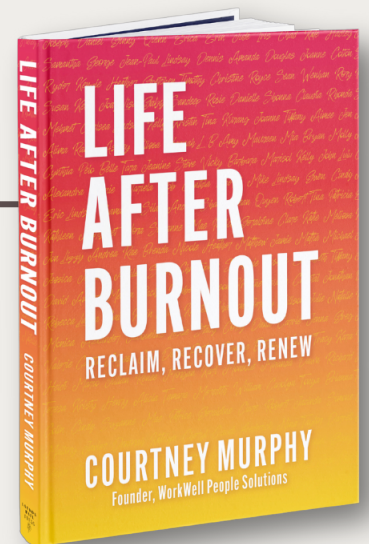
With a passion for social and organizational psychology, Courtney has extensively studied occupational stress to discover effective and sustainable methods to improve engagement & motivate performance.

Courtney simplifies relevant data and useful information to help employees and companies thrive in their success.

LIFE AFTER BURNOUT: RECLAIM, RECOVER, RENEW

Not just another burnout book on stress resilience, *Life After Burnout* empowers the reader to go from burnout to thriving in a transformational 3 step process to Reclaim, Recover, and Renew.

Life After Burnout guides readers on how to reclaim control at work, find job-alignment, set boundaries, heal symptoms of burnout, and turn high-achievement work skills into high-achievement life skills.



ACCLAIM

- #1 BEST SELLER - OCCUPATIONAL & ORGANIZATIONAL PSYCHOLOGY
- #1 NEW RELEASE - OCCUPATIONAL & ORGANIZATIONAL PSYCHOLOGY
- #1 NEW RELEASE - WORKPLACE CULTURE
- #1 NEW RELEASE - STRESS MANAGEMENT

700



1,100+



APPEARANCES

FEMPOWERED LIVE

Author Panel (August 2023)

Blueprints to Prevent Burnout

Featured Speaker at the international virtual conference hosted by Frances Payne (September 2023)

Cherry Creek Chamber, Business Success Series

Guest Speaker: *Burnout: The Entrepreneurs Guide to Prevention & Recovery for Self and Staff* (November 2023)

Lafayette Investors Group

Guest Speaker: *The Startling Cost of Burnout* (March 2024)

Babes in Business

Keynote Speaker: *Goals, Habits and Standards* (April 2024)

SIM Women Colorado, Disrupt Her Spring Conference

Keynote Speaker: *Disrupt Overwhelm: THE Riving in Success* (May 2024)



PODCASTS

6AMERS by Compass Realtors

Featured Guest: live audience recording (August 2023)

Time to Pivot with Paige Killian

Featured Guest, episode 22: *From Burnout to Alignment* (August 2023)

Pathways to Purpose with Talei Golan

Featured Guest (March 2024)

“Listening to Courtney gave me a light bulb moment... I feel using Courtney’s advice I may be able to recover and I can have a rewarding life again.”

“Courtney delivered a well rounded, honest and vulnerable presentation which included insightful tools. I strongly encourage anyone looking for a great presenter to consider Courtney Murphy!”



100+



16,000+

