



## LEADING YOURSELF: FINDING JOY AND MEANING AT WORK

with Elizabeth Lotardo

Complimentary to IMS Members (US) per person

VIRTUAL SESSION (1-HOUR)

## LEADING YOURSELF: FINDING JOY AND MEANING AT WORK

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Even if you're not in your dream job, self-leadership empowers you to take control and create a more fulfilling work experience. Let's be honest—work will never be perfect. But can it improve? Absolutely. By focusing on what's within your control, you can transform your day-to-day into something more meaningful and productive.

In this program, Elizabeth Lotardo offers insightful real-life examples, practical takeaways, and humorous, relatable stories to motivate readers to make the most of their current roles. Whether you're feeling stuck or simply looking to enhance your work life, this book provides actionable strategies to help you find greater satisfaction and joy in what you do.

## ELIZABETH LOTARDO

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Elizabeth Lotardo is an executive consultant, speaker, and bestselling author who helps organizations drive emotional engagement. Her new book, *Leading Yourself*, has been called a refreshingly candid playbook that helps you create a work experience worth loving, right now.

With an undergraduate degree in advertising from Boston University and a Master's in Industrial and Organizational Psychology, Elizabeth works with senior leaders, frontline managers, and entry-level teammates to create more purpose-driven work experiences.

Her clients include Salesforce, DraftKings, Hilton, and numerous Berkshire Hathaway organizations. Elizabeth writes for Harvard Business Review and her work has been featured in The Wall Street Journal and on NPR.

FOR REGISTRATION PLEASE CONTACT: **Robert Webster** - IMS Regional Director - Houston

Phone: +1 (281) 222-6876 Email: [houstontx@ims-online.com](mailto:houstontx@ims-online.com) Website:

<https://ims-online.com/leadership-development/Houston/13>