

Dr. Burnout™, Kimberly Wilson, Ph.D, creator of Cure Your Burnout™ and CEO of Leadership & Resilience Consultants is the go-to-expert to cultivate healthier workplace and non-profit cultures. She created Cure Your Burnout™ to assist other ambitious professional women to take control of their energy and lives minus the guilt!



Leveling Up by Shifting Down! Crushing Burnout.



Secrets to avoid the Perfectionist Paradox™. Cultivating Mental Resilience to boost your team's results.



3 Common Ways that Leaders Sabotage Themselves (And What to Do Instead!)

Speaking that
Inspires Action

“I finally stepped into my leadership role without killing myself to be perfect.”

“Dr. Kim’s training helped our organization and myself personally to clarify our vision, stop people-pleasing and finally make empowered executive decisions. I really feel that I’ve learned how to lead without burning myself out.”

