

LYNN FESTA

OCCUPATIONAL THERAPIST, SPEAKER, COACH

Keynotes

Workshops

Private/group Coaching

AN INTRODUCTION

Lynn Festa, OTR, is an occupational therapist, speaker, and coach with over 35 years of experience in healthcare. Since 2002, she has presented at more than 100 national and international events, including keynotes, webinars, workshops, and conferences, where she is known for her engaging, practical, and relatable style.

Lynn blends occupational therapy philosophy with a strengths-based approach to coach and inspire helping professionals. Her work focuses on burnout prevention and recovery, helping individuals reconnect with purpose, build sustainable careers, and support their well-being without sacrificing the quality of care they provide. She has a particular interest in supporting highly sensitive professionals who care deeply about their work and are at greater risk for burnout.



FOR BOOKINGS



In Person
Virtual

Speaking Platform

lynnfesta.com

SIGNATURE TALKS:

Integrity-Based Medicine: A Prescription for Trust, Alignment, and Sustainable Impact

Lynn Festa introduces integrity-based medicine as a powerful framework for decision-making, communication, and leadership. This talk reframes integrity as a form of “medicine” that strengthens trust, restores alignment, and supports sustainable outcomes across both professional and personal settings.

Audience Outcomes:

- Apply integrity-based principles to real-world decisions and interactions
- Identify integrity gaps that contribute to stress, misalignment, and mistrust
- Strengthen communication and leadership using an integrity-centered approach

Strategic Solutions for Combating Burnout

In this solutions-focused session, Lynn Festa shares evidence-informed strategies to help individuals and organizations recognize early warning signs and implement sustainable approaches to restore energy, resilience, and effectiveness.

Audience Outcomes:

- Identify key individual and organizational drivers of burnout
- Recognize early warning signs and intervene proactively
- Apply practical tools to improve energy, focus, and workplace well-being

Beyond Resilience: Flourish, Not Flounder, at Work and in Everyday Life

Lynn Festa reframes burnout and introduces a strategic, sustainable approach to thriving. Participants will learn how to move beyond “pushing through” and into energized, meaningful engagement at work and in everyday life.

Audience Outcomes:

- Identify key contributors to burnout and the limits of resilience
- Apply practical strategies to restore energy, focus, and control
- Build sustainable habits for long-term well-being and performance



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