



# Jennifer Moss

Expert in workplace  
well-being and burnout

[Jennifer-Moss.com](http://Jennifer-Moss.com)

[Jen@Jennifer-Moss.com](mailto:Jen@Jennifer-Moss.com)



The best moment to make a move is when everything is up for grabs. It's time to turn the change that was inevitable into the change that was always possible. Starting right now.

## Public Speaker

Jennifer offers keynote addresses, panel appearances, workshops, and seminars on workplace well-being, happiness, and burnout. Based on over a decade of research and experience, she offers a novel approach to preventing burnout.

## Journalist

Jennifer is a nationally syndicated radio columnist and freelance journalist. She writes for Harvard Business Review and her work has appeared in CNN, TIME, The New York Times, The Wall Street Journal, and The Washington Post.

## Author

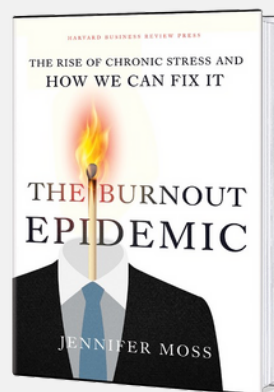
Jennifer is the author of the award-winning business leadership book, *Unlocking Happiness at Work*, and the new book *The Burnout Epidemic: The Rise of Chronic Stress and How We Can Fix It*. In this book, Jennifer explores the root causes of burnout and provides tactical solutions for leaders to address it for their teams and themselves.

## Biography

Jennifer Moss is an award-winning writer, international speaker, and workplace culture strategist with clients ranging from startups to Fortune 500 companies. Her most recent book, *The Burnout Epidemic*, was named 10 Best New Management Books for 2022 by Thinkers50 and shortlisted for the 2021 Outstanding Works of Literature Award.

Jennifer is a nationally syndicated radio columnist and freelance journalist. She writes for Harvard Business Review and her work has appeared in CNN, TIME, The New York Times, The Wall Street Journal, and The Washington Post.

## The Burnout Epidemic



Self-care is important, but it's not a cure-all for burnout.

Order your copy today from your favorite bookseller.

For organizational or bulk sales, please contact [booksales@Harvardbusiness.org](mailto:booksales@Harvardbusiness.org).

## Some of Jennifer's Clients



[@jenleighboss](https://www.instagram.com/jenleighboss)



[@jenleighboss](https://www.linkedin.com/company/jenleighboss)