

**Dr. Lisa Bélanger**  
**Behavioural Change Expert | Researcher**

An organization's greatest asset is its people. Dr. Lisa Bélanger is an award-winning researcher who helps leaders and teams optimize performance, productivity, and innovation through leading-edge scientific research. Accessible and easy to understand, Bélanger's shares practical strategies that allow for immediate implementation of habits, skills, and work design that result in long-term and sustainable happiness, productivity, and overall well-being.

With a PhD in behavioural medicine, Bélanger is the CEO of ConsciousWorks, a consulting firm that supports leaders and teams in maximizing their mental capacity and performance. She is also an executive MBA and a certified exercise physiologist and high performance specialist.

Prior to the pandemic, Bélanger was traveling the world to explore workplace culture, wellness, and leadership. Drawing from her lived experience as well as data collected, Bélanger created and now hosts the popular podcast, "The Science of Work." She is also the author of two books: *Inspire Me Well: Finding Motivation to Take Control of Your Health* and *A Cup of Mindfulness: For the Busy and the Restless*.

Bélanger is also the founder of the national charity, Knight's Cabin, which offers wellness programming to cancer survivors.