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### Human Resources & Work-Life Balance

<https://www.kmprod.com/speakers/dr-linda-duxbury>

#### Bio

Canadian corporations were already losing over \$4 billion a year to absenteeism before the worldwide pandemic. Today, the satisfaction and well-being of employees is more important than ever. **Dr. Linda Duxbury** is Canada's most accomplished researcher, writer, and speaker on employee well-being and mental health as well as work-life balance. She has contributed to numerous comprehensive national studies on these topics and their bottom-line effect on business. An enlightening and popular speaker, Duxbury's ideas and research are invaluable to major corporations and government agencies around the world.

Duxbury is a professor at the Sprott School of Business at Carleton University. She has written several papers, articles, and books, and is the co-author of a series of Health Canada reports about work-life balance within the country. She has been published widely in both academic and practitioner literatures in the areas of work-family conflict, resiliency, disruptive change management, supportive work environments, stress, hybrid offices, the use and impact of technology, and managing the new workforce. Recently, Duxbury has been examining the impact of the COVID-19 pandemic on employees and companies, with a particular focus on mental health and well-being, and how companies can address this moving forward.

Recognized for her engaging, enthusiastic communication skills and teaching practices, Duxbury has received the "Canadian Pension and Benefits National Speaker Award", the

“Carleton University Students’ Association Teaching Excellence Award”, Carleton’s “Faculty Graduate Mentoring Award”, and the “Sprott MBA Student Society Best Teacher Award”. She has also been awarded the “Toastmasters International Communication and Leadership Award” and was recognized as one of Deloitte’s “Women of Influence”. In 2014-15, Duxbury received the Carleton University Research Award as one of the ten best researchers at the university, and, most recently, was awarded the Chancellor’s Professorship at Carleton in recognition of her research output.

Duxbury holds a Ph.D. in Management Sciences from the University of Waterloo.

## **Topics**

**Resilient Leadership and Management: Leading and Managing in Times of Disruptive Change** [\[morelink\]](#)

**Organizational Resilience: What Is it and How Do We Nurture It?** [\[morelink\]](#)

**Moving Forward Post-Pandemic: Pay Attention to Your Organizational Culture** [\[morelink\]](#)

**Ambidexterity: The Key to Managing Change and Organizational Resilience** [\[morelink\]](#)

**A Best Practice Guide to Hybrid Work** [\[morelink\]](#)

**The Next Wave: Mental Health Issues Caused by COVID-19** [\[morelink\]](#)

Dr. Linda Duxbury is represented by K&M Productions. To inquire about Dr. Linda Duxbury's speaking schedule & [booking Dr. Linda Duxbury, contact us](#).