

FULL BIO

Amy Leneker is an optimistic, joy-seeking, recovering workaholic. She's also the founder and CEO of the Center for Joyful Work and has helped more than 100,000 leaders and teams—including Fortune 100 companies—lead with less stress and more joy. With over 25 years of leadership experience, including a decade in the C-suite, Amy is committed to helping leaders, teams, and organizations thrive.

A first-generation college student and lifelong learner, Amy has studied leadership at Yale, neuroscience at the NeuroLeadership Institute, and stress resilience at Harvard Medical School. She leads the annual national research study *The State of Stress and Joy at Work*, and her work has been featured in *Bloomberg*, *Forbes*, *NPR* and more. She writes a monthly column for *Fast Company* and is the host of the weekly podcast, *Less Stress and More Joy*. She is also the National Bestselling author of *Cheers to Monday: The Surprisingly Simple Method to Lead and Live with Less Stress and More Joy*.

Amy and her family make their home in the Pacific Northwest.