

FULL BIO

Amy Leneker is an optimistic, joy-seeking, recovering workaholic. She's also the founder and CEO of the Center for Joyful Work who has helped over 100,000 leaders and teams—including those at 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 workforce study, *The State of Stress and Joy at Work*, and her work has been featured in Forbes, Fast Company, Inc., and more. Amy is the author of *Cheers to Monday: The Surprisingly Simple Method to Lead and Live with Less Stress and More Joy*.

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