

# CARRIE SEVERSON

BURNOUT RECOVERY EXPERT, AUTHOR & SPEAKER

[carrieseverson.com](http://carrieseverson.com)

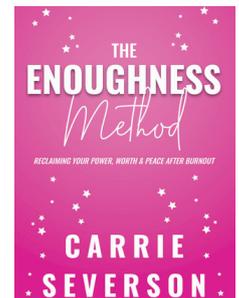
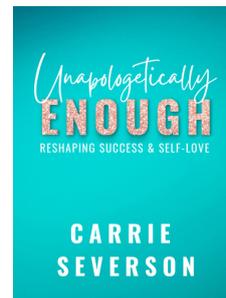
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Carrie Severson is a burnout, author, speaker, business owner, wife, bonus mom, and lives her life somewhere between winging it and manifesting it. Her memoir, ***Unapologetically Enough: Reshaping Success & Self-Love***, and follow-up ***The Enoughness Method: Reclaiming Your Power, Worth & Peace After Burnout*** are big hits with women because they explore what saying YES to yourself looks like during and after burnout, infertility, and heartbreak, all through the lens of enoughness.

Carrie has been a featured keynote speaker on the topic of burnout since 2023 and her upcoming book ***I Saved You, Do the Dishes: Love, Your Caregiver*** tackles another angle, burnout for caregivers, which Carrie experienced first hand with her husband's cancer diagnosis in 2023.

In her keynote address, Saving Lives and Doing Dishes, Carrie shares her personal experience with burnout through the lens of caregiver to help others going through it, and to provide patient advocacy to medical professionals.



## Keynotes: ***Saving Lives and Doing Dishes*** 2025

- American Healthcare Association
- Social Benefit Collab for Youth

## 2024

- Arizona Health Care Association
- Target Mental Health Summit
- Arizona Affiliate of Society for Human Resource Management (AZSHRM)

## 2023

- Adobe
- Cowlitz Health Care Summit
- American Healthcare Association/National Center for Assisted Living (AHCA/NCAL)
- Northwest Region Primary Care Association (NWRPCA)



[Click here to watch keynote highlights](#)

## Past speaker engagements

- Independent Book Publishing Association
- IEEE (Institute of Electrical and Electronics Engineers) Women in Engineering Conference
- House of Genius - Phoenix
- The Sister Summit
- Tempe Chamber of Commerce Soroptimist
- International of the Kachinas Comic Con
- Phoenix
- Stand Up for Passion
- USA Network - Characters Unite - Phoenix

FEATURED IN:



28K SOCIAL MEDIA FOLLOWERS | 15K LINKEDIN - 8K FACEBOOK