

Mia Baytop Russell
& Girvin Liggans

FIRED UP!

A GUIDE TO TRANSFORMING YOUR
TEAM FROM BURNOUT TO ENGAGEMENT

Fired Up! offers an evidence-based framework with innovative yet practical steps for leaders to move their teams from burnout to engagement. The science, stories, anecdotes, and strategies therein make it a must read for tackling burnout; one of the most pressing challenges of our time.

This book not only serves as a starting point to understand burnout and engagement but makes a compelling case to alleviate burnout by examining the interconnected aspects of the work environment. As we navigate the Great Resignation, the smart and accessible principles in this book will empower leaders to take action and drive positive change.



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“Fired Up! is a smart and accessible work that provides an effective framework that can help leaders address burnout within their teams and organizations. In the wake of the Great Resignation, this book could not be more timely.”

Daniel H. Pink, #1 New York Times bestselling author of *The Power of Regret*, *When*, and *To Sell is Human*

“Fired Up! is a thorough exploration into the causes and cures of organizational burnout; eye opening and hopeful. It provides specific strategies to help us recharge and re-engage our workplaces. Quality research interlaces with inspirational stories and quotes making this book a must read for individuals, teams and organizations. A true culture-shifter that tells you how to use stress to fuel positive change.”

Heidi Hanna,
Chief Energy Officer -
Synergy Brain Fitness;
Founder - Stress Mastery
Academy; Author of
New York Times bestseller,
The Sharp Solution

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MIA BAYTOP RUSSELL, PHD

Mia has served in various roles across nonprofit, academic, and corporate sectors. Currently, as lecturer in the Center for Leadership Education at Johns Hopkins University, she teaches leadership and management courses. Drawing from personal interests and challenges with work-life integration and work-family conflict, Mia has spent decades exploring well-being in multiple contexts. Her research focuses on the sustainability of well-being, specifically family economic well-being and career/work-related well-being. As a contributor to the field of financial education and organizational behavior, Mia has published dozens of interdisciplinary articles, developed programs, and consulted with organizations.

 **MIABRUSSELL****GIRVIN LIGGANS, PHD**

Girvin Liggans is an expert in policy analysis and a lecturer in the Whiting School of Engineering at Johns Hopkins University where he teaches management, leadership, and technical communication. Rooted in decades of work within public health agencies, Girvin is dedicated to advancing health equity and employee well-being through a focus on evidence-informed decision-making in public and organizational policy. His research is multidisciplinary and spans environmental health, organizational behavior, legal epidemiology, and diversity and inclusion.

 **GLIGGANS**[VIEW THE COMPANION WEBSITE AT ENGAGEDWORKTEAMS.COM](http://engagedworkteams.com)

“Russell and Liggans provide a principle-based approach to leadership that delineates the factors which lead to the exhaustion and reduced effectiveness created by burnout. While thoroughly evidence-based, practical steps are given to move team members from burnout to active engagement. Fired Up! is a foundational resource every leader will highly value.”

Paul White, Ph.D., Psychologist;
President, Appreciation at Work; and
best-selling author, *The 5 Languages
of Appreciation in the Workplace*

“Fired Up! tackles in a very practical and inspiring way one of the most pressing challenges of our time. People have been disengaged, over-worked, and stressed for too long in the workplace. Now is the time to fire up our imaginations and energy to change the way we work and the way we think about work. Start the process with this book.”

Stuart Crainer, Thinkers50 co-founder

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