# SALLY LOVETT

## Keynote Speaker • Founder • Entrepreneur

### Signature framework: Sustainable Performance

**How organisations sustain high performance over years - without burning their people out. 16 years inside 350+ organisations.**

Sally Lovett built Stretching the City from a one-woman yoga side hustle into a full-service workplace wellbeing consultancy - working with 350+ organisations including Amazon, the Cabinet Office, Universal Music, Charlotte Tilbury, Jamie Oliver Group and Sky, without external investment, a PR agency, or a business plan.

Her Sustainable Performance framework is the distillation of 16 years inside those organisations - exploring what keeps ambitious teams performing over years not weeks, why most wellbeing programmes underperform, and why burnout has quietly become the default operating state. It's the antidote to wellness theatre: A leadership conversation about performance, not welfare. Built from the operator's chair, not a business school case study. Sally runs Stretching the City alongside her sister Katy, whilst raising her two young sons in London.

**Contributor:** The Guardian · The Times · Condé Nast Traveller · **Author:** The Wellbeing Guide to London
**Fees on request** · In-person & virtual · UK and international

## SIGNATURE KEYNOTES · ONE FRAMEWORK: SUSTAINABLE PERFORMANCE

### Sustainable Performance

*HR conferences · Leadership offsites · All-staff*

The flagship keynote. Sixteen years of insight from inside 350+ organisations, distilled into the wellbeing conversation most keynotes never have — the antidote to wellness theatre. Adapted for whichever audience your event needs.

### Sustainable Performance in the Age of AI

*HR conferences · People leaders · Wellbeing Week*

AI was meant to reduce cognitive load. In most organisations, it's adding to it - accelerating always-on expectations and creating burnout patterns leaders don't yet have language for. What HR and People teams need to build in to their AI plans.

### The Long Career: Women in the Workplace

*IWD events · Women's networks · DEI programmes*

The Women-in-the-Workplace keynote that doesn't get forgotten after IWD. Invisible load, mid-career attrition, menopause - and the cultural shifts that shape whether women stay, progress and lead.

### Working Parents Keynote

*Parent networks · Returners' programmes · DEI*

Sustainable Performance for the parenting decade - the years that shape whether working parents progress, plateau or leave. Strength, capability, growth - not just coping. Delivered for Universal Music, Amazon, Jamie Oliver Group and international law firms.

## WHAT CLIENTS SAY

Sally's talk on Sustainable Performance was such a valuable session and really kicked off our leadership off-site in the best way. **Ina Stuve, Head of EMEA VC Marketing | Amazon**

Sally is a truly superb communicator. She navigates sensitive, challenging subject matter with deep care, thorough consideration, and complete credibility." **James Stevens, Global Head of Talent Development, Learning & Inclusion | Charlotte Tilbury Beauty**

**TRUSTED BY:** amazon · accenture · HUCKLETREE · IoD · AXA · KP Snacks · SOHO HOUSE · Jamie Oliver · UNIVERSAL MUSIC GROUP · CharlotteTilbury · QBE

**BOOK SALLY FOR YOUR EVENT**

stretchingthecity.com/workplace-wellbeing-speaker/

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