Viv Babber, MD

Dr. Viv, a dynamic speaker renowned for her approachable style and quick wit, brings a refreshing dose of light humor to the serious topics of AI and tech burnout. A trailblazer among women physicians in the AI realm, she combines cutting-edge medical insights with advanced technology to cultivate thriving, productive organizations. Actively engaging her audiences, she shares insights as a visionary leader in workplace transformation.

As a psychiatrist certified in AI Medicine and AI Ethics, Dr. Viv empowers professionals to harness AI as an ally, not a threat. Her signature program, cAlm code, offers a 10-module system packed with practical, actionable strategies for workplace wellness and ethical AI integration. With her unique expertise and engaging approach, she tackles tech burnout head-on, helping companies protect their bottom line while enhancing productivity and employee well-being.

Through her lively consultations, workshops, and training sessions, Dr. Viv provides the tools for organizations to stay ahead in an AI-driven landscape, promoting a balanced, healthy, and tech-savvy workforce. Her guidance transforms AI challenges into opportunities for responsible growth and sustainable success. For strategies on navigating AI stress with confidence and resilience, visit byteburnout.ai.