



Paul Baffes, Ph.D., is a work-life balance consultant, author, and motivational speaker who has helped thousands world wide to address their work-life needs, using principles he developed over a 20-year career in a wide variety of business settings.

Paul is the founder of Dr. WorkLife, which provides training and consulting to create sustainable work-life solutions for professionals and corporations that drive bottom-line business value. Typical benefits from Dr. WorkLife training include a 10% increase in productivity, a 30% increase in retention, and a 60% increase in innovation, which translates to a minimum of \$2,000 per employee per year in impact. The Dr. WorkLife techniques have been tested and proven effective in over 13 countries and are being rolled out world wide by some of the largest corporations in the Fortune 500.

Paul is also the World Wide Program Director of Innovation for IBM, managing 1,000 innovation “catalysts” in 39 countries, coaching them on how to turn innovative ideas into implemented realities, resulting in an impact of over \$700M.

Prior to his current positions, Paul founded Intelligent Learning Systems, Inc., which he led as CEO for five years, and has also served as an adjunct professor in the Department of Computer Sciences at the University of Texas at Austin.

Paul served on the U.S. National Innovation Initiative ([www.compete.org](http://www.compete.org)) a nationwide effort to make innovation policy recommendations to the U.S. President.

Paul holds multiple patents, and in 1995 he received the Inventor of the Year Award from the National Aeronautics and Space Administration (NASA) where he had worked for several years, ultimately mastering over 25 different computer languages and specializing in machine learning and artificial intelligence applications.

Paul has given hundreds of invited lectures, workshops, and keynotes, and is the author of over 40 publications, including two books, one of which is his book on work-life balancing: *“Work Life Balancing: How to be Wildly Successful at Both...Really!”* (see [www.drworklife.com](http://www.drworklife.com)).

Paul holds a Bachelor's degree from Harvard University, and Masters and Ph.D. in Computer Science from The University of Texas at Austin. He is the father of 2, with a full-time working spouse, and spends much of his free time innovating with his wife on new ways of spending time with his family.

*“Ironically, once I committed myself to ‘get a life,’ my work productivity actually increased, my promotions came quicker, and my career took off.*

*Now I share what I’ve learned, and I look forward to helping you and your organization achieve a level of performance in your work and life that you never dreamed was possible.”*