

Thriving

CREATE A COMPANY CULTURE



Dr. Sharon Grossman is a mental health strategist who works with organizations that want to create a thriving company culture so their employees feel valued, engaged, and motivated to stay.



WHAT CLIENTS & AUDIENCE MEMBERS HAVE TO SAY ABOUT SHARON'S SPEAKING

Sharon is one of the great speakers I heard about beating burnout.

-Brian Larioza, Executive Director

Dr. Sharon connected with participants in a genuine way that shifted their thinking about seeing stress as their superpower after one session. I recommend having a repeated and regular dose of her science based insight.

-Bobbie Thompson, Executive Director

Life changing!

-Al Roze, Executive Director

Very upbeat presentation with easy to understand concepts and some strategies to start using.

-Marcus Knoespel, President

It was truly amazing! It required me to practice some introspection and collect good advice along the way.

-Alex Dieudonne, Healthcare Manager

My biggest A-HA was learning to step into my own inherent "extraordinary" and leave behind the notion that I have to prove, Prove, PROVE myself with over productivity.

-Robyn Post, Program Manager

MOST REQUESTED PROGRAMS

Motivated to Stay: Enhancing Employee Retention through Leadership Excellence

- Predict potential attrition risks
- Leadership strategies to keep your best people

Burnout Proof: Mastering Work without Losing Yourself

- Implement practical strategies to manage workload
- Apply specific tools to "turn off" work

The Stress Advantage

- Understand your stress response
- Harness the power of stress for positive outcomes

ABOUT DR. SHARON GROSSMAN

Dr. Sharon Grossman is a keynote speaker with a PhD in psychology and over 20 years of experience. She has helped hundreds of executives recover from burnout, empowering them to lead with confidence. Dr. Sharon partners with universities, corporations, and associations to prevent burnout, retain top talent, and develop exceptional leaders. She is the author of several books, including *The Solution to Burnout* and *Motivated to Stay*. Her expertise has been featured in major outlets like USA Today, Business Insider, Marie Claire, and Good Housekeeping, and she is a regular contributor to various association magazines.

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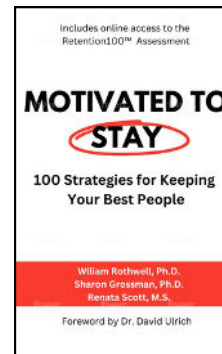
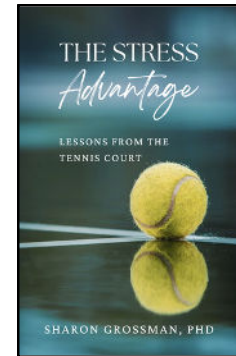
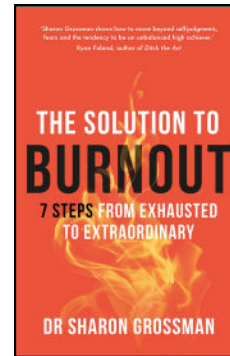
 <https://bit.ly/grossmanportfolio>



LEADSTM

Framework for Creating a Thriving Corporate Culture

- **Leadership Mindset:**
 - Equips new managers to shift from an individual contributor mindset to a leadership perspective.
 - Encourages confidence in decision-making and accountability, fostering a stable and motivating environment.
- **Emotional Intelligence:**
 - Teaches managers how to manage their own stress effectively.
 - Helps them stay calm and supportive when their team is overwhelmed, promoting resilience and psychological safety.
- **Aspiration and Inspiration:**
 - Guides managers in motivating their teams through purpose-driven leadership.
 - Reduces the need for micromanagement by inspiring employees to take initiative and deliver results.
- **Delegation and Development:**
 - Helps managers let go of tasks and empower their teams to take ownership.
 - Provides growth opportunities for employees, preparing them for leadership roles and boosting retention.
- **Support and Recognition:**
 - Encourages leaders to consistently recognize and appreciate team members' efforts and accomplishments.
 - Enhances employee morale, loyalty, and sense of belonging.



PRaise for Sharon's Books

This book lays out a compelling argument that our mind shapes our successes.

If you lead an organization or manage people, 'Motivated to Stay' is a must-read!

The world needs these tools now more than ever.

When you get so close to the problem that you can't see the solution, it's a big help to have a reminder like The Stress Advantage.

Sharon makes it easy and pleasant for readers to understand and embrace her sound ideas and avoid burnout.

The concepts brought up in this book were very simple and highly effective.

I love the simplicity of the process and the way she explains the effectiveness. No Mumbo Jumbo. No psycho babble. It's a common sense method of creating the right state of mind to help you reach your goals.



Sharon's Amazon store with all her books:
amazon.com/author/sharongrossman