

Sharon M. Weinstein GROUP

Infusing **Health** and Reducing **Stress** in the Workforce and Workplace
CONSULTING – COACHING – SPEAKING

Sharon works with organizations who want to:
**Create A Strong Workforce, Boost Workplace
Engagement, and Ensure Staff Wellbeing**



What Clients Say

"In just one hour, Sharon built on the day and tied all the pieces of service excellence and time management together for our 1000+ leaders!"

- Sandra E. Murray, PhD, CHI Texas

"It was clear that you understood your audience and strategically wove personal stories into such an amazing topic."

- Angela Batey, Office of Professional Standards,
Georgia Public Safety

"Sharon's VIRTUAL presentation linking great customer service with great leadership was on the money."

- Colleen Miller, Bayer

"The true prize was listening to this gem of a human."

- Ericka Kerns, SHRM-CP

Why engage Sharon M. Weinstein, MS, RN, CRNI-R®, CSP®, CVP, FACW, FAAN to **shift the bell curve from stress to health?**

Stress-less and Achieve More

- List 6 steps to overcome overwhelm
- Understand TEMP as a tool for success
- Reduce stress and create work / life boundaries

Think Differently

- State 4 steps of design thinking
- Discover how culture and talent intersect
- Galvanize engagement

The Crisis is Real...Mental Health

- Explore 5 factors in managing emotional health
- State benefits of psychological safety
- Discuss impact of crisis on the workforce

Sharon knows healthcare...with four decades of global health and real-life experience, her **body of work reflects a lifelong commitment to... infusing health and reducing stress in the workplace.** She holds the speaking profession's highest international measure of platform skills, the **Certified Speaking Professional (CSP).**



Book Sharon Today!

1.240.204.2435

sharon@smwgroupllc.com

www.smwgroupllc.com

 [/Sharonmweinsteinspeaks](https://www.facebook.com/Sharonmweinsteinspeaks)

 [@SharonMWeinstei](https://twitter.com/SharonMWeinstei)

 [Sharon Weinstein](https://www.youtube.com/SharonWeinstein)

 [/sharonweinstein](https://www.linkedin.com/in/sharonweinstein)

Are you Ready to learn...

1. How to manage mental health and stress?
2. How to recruit and retain top talent?
3. What are the 7 drivers of engagement?
4. What's "relationship as currency?"
5. Can I bring them in and bring them back?
6. How to move beyond overwhelm and overwork, manage time and deadlines?
7. Do limiting beliefs hold me and my team back?
8. How to create a healthy work environment?
9. What 3 methods will enrich the workplace?
10. How to use the GPS to manage stress and mental health?



Praise for Sharon's Top Sellers

Prepare for non-stop and riveting ah-ha moments! *Think Differently: 18 Strategies to Fix Broken Thinking* is anything but a typical self-help book. This artfully crafted and poignant book utilizes real-life experience to deliver practical, timely, and trustworthy guidance for productive change.

- Donna Hill Howes, SVP, Sharecare

Sharon shares change as an opportunity, answering that complex question, "What if..." *Are you Ready* is a must-read for those ready to ignite the spark and keep the flame alive.

- Dr. Nido R. Qubein, President, High Point University

B is for Balance 2nd edition is a treasure chest of wisdom with a 12-step blueprint for success.

- Daniel J. Pesut, University of Minnesota



Sharon is a Trusted Global Keynote/Motivational Speaker, Emcee and Facilitator Speaking for Organizations such as....

