

AFTER HEARING JASMINE BRETT STRINGER'S PRESENTATIONS, **CORPORATE & NONPROFIT AUDIENCES ARE INSPIRED TO:**

- Refocus and align their professional and personal outlook in line with today's issues
- Utilize tools and a proven framework to advocate for themselves
- Connect, network, build and develop authentic, unbiased relationships

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KEYNOTES AND WORKSHOPS

Healing and Moving Forward...Together

How have your employees been dealing with the isolation from socially distancing because of the Covid-19 virus, and the ongoing civil unrest spurred by racial inequity? This presentation covers specific ways to find comfort, release weighty feelings that might affect work, and acknowledge the paths available to make a difference.

What does it mean to be an ALLY in the workplace?

The pain felt by black communities from the latest racially fueled incidents across the U.S. is all too familiar. And while many corporate executives and employees may truly despair over these racial injustices, the majority don't know how to help. This workshop covers how to become a better ALLY, a person who is not a member of a particular marginalized group but seeks to help end the oppression of those in it. We'll discuss real and meaningful ways to become connected, informed, and engaged in the support of colleagues of color within the workplace and the community.

Elevating the Voices of Brown and Black Women at Work

Women of color often feel invisible at work, and justifiably so. Unconscious bias and overt racism have been their constant companions for decades, leading to negative effects on workplace relationships and career growth. Harvard Business Review published research stating that many diversity and inclusion programs are failing...three-fourths of underrepresented groups (women, racial and ethnic minorities, and LGBTQ+ employees, for example) report feeling no personal benefit from diversity and inclusion programs.

It is a difficult task to change people's hearts and minds, but this workshop covers specific steps that corporations – leadership, managers, and co-workers – can learn to move the needle toward at-work equality.



"Jasmine was engaging and her presentation was full of golden nuggets of information that left our audience feeling energized and empowered. She was incredibly easy to work with and took the time to cater her presentation to our audience. She received rave reviews from our attendees and we look forward to having her back to speak again."

- Hope Bertram, Digital Marketing Director

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ABOUT JASMINE BRETT STRINGER

Jasmine Brett Stringer is a keynote speaker, award-winning author of *Seize Your Life: How to Carpe Diem Every Day*, on-air TV personality, founder of #SHARETHEMCMN, and host of the podcast and lifestyle blog *Carpe Diem with Jasmine*.

Jasmine is on a mission to help people live empowered and authentic lives. Through her *Seize Your Life* keynotes, workshops, and customized coaching sessions, Jasmine guides clients and audiences through a simple process to identify their goals and achieve their personal definition of success.

Jasmine's common-sense approach to creating a life of one's own has inspired thousands of people across the world to carpe diem! Additionally, Jasmine speaks on how to effectively network and how to build synergy and develop interpersonal skills – core tools for living a vision-driven life. Most recently, Jasmine developed several thought-inspiring corporate workshops to shine a light on how to deal with the effects of the nation's concurrent crises: the COVID-19 virus and the widespread civil unrest stemming from racism and police abuses.

Jasmine inspires revelation and change by leveraging her experiences working with some of the world's biggest brands. She has shared her positive message with corporate and nonprofit organizations such as Land O' Lakes, Federal Reserve Bank, Airbnb, Cargill, Goodwill, Mondelēz International, Bayer, Boston Scientific, and the University of Minnesota's Carlson School of Management.

As a nationally recognized and sought-after lifestyle expert, she has been featured on a variety of media outlets, such as OWN TV, Yahoo, MSN, The Huffington Post and is a weekly lifestyle contributor to local CBS television station WCCO-TV.

Jasmine graduated from American University's Kogod School of Business. She is based in Minneapolis, but can often be found two hours south of the city working with her husband at the family farm.



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[Get excited about Carpe Diem by watching Jasmine's speaker video here.](#)

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