

# 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 Well-being!*



**CAPS** 

# About Sharon

## **Sharon M. Weinstein, RN, CRNI-R®, CVP, CSP®, FAAN**

Meet the “Stressbuster,” renowned for guiding individuals through the challenges of our fast-paced, ever-evolving world, helping them manage stress and crises in both personal and professional spheres. Sharon’s innovative approach to stress management, grounded in design thinking, serves as a roadmap for crafting sustainable solutions that balance the demands of work and life. In a landscape where the boundaries between work and life often blur, Sharon equips individuals with the tools to harmonize both aspects by:

- ❑ Facilitating awareness of emotional and physical burnout, emphasizing mental health
- ❑ Leveraging her deep understanding of human behavior
- ❑ Empowering professionals to strive for a balanced life that fuels success and happiness
- ❑ Navigating the complexities of a stressful world

As a Certified Coach, Consultant, Certified Speaking Professional, and Certified Virtual Presenter, Sharon holds the prestigious NSA Speaking Professional (CSP) designation—the highest international recognition for professional speakers. Only 360 of the 5,000+ speakers worldwide affiliated with the 17-member associations of the Global Speakers Federation (GSF) hold this esteemed credential. As the Chair of NSA’s Certification Committee from 2019 to 2022, Sharon focused on innovative approaches to situations and people, aligning people strategy with business strategy. She now serves on the Equivalence Committee of the Global Speakers Federation.



Sharon’s customized workshops and coaching sessions are designed for intelligent, goal-driven professionals, ensuring they stay on course and achieve their desired results. With infectious energy, humor, and authenticity, she is a Keynote Speaker and Master Storyteller who captivates audiences and leaves them wanting more.

Partner with Sharon, and you are aligning with a seasoned professional who can fulfill various roles, navigate disruptions, and empower you as the meeting planner to stress less and truly shine!

# Presentation Topics

## Stay Cool and Conquer Chaos

- ☐ List 5 steps to overcome overwhelm
- ☐ Understand TEMP as a tool for success
- ☐ Reduce stress and create work/life harmony

## Think Beyond the Box: 4Ws of Creative Thinking

- ☐ Apply the 4Ws framework
- ☐ Learn to ask the right questions
- ☐ Release limiting beliefs

## Engagement...Navigating Needs, Nurturing Teams

- ☐ Assess and respond to individual/team needs
- ☐ Implement strategies to foster trust/collaboration
- ☐ Measure team engagement

## Healing Healthcare...Solutions for Success

- ☐ Shift the paradigm and embrace the culture
- ☐ List 7 drivers of workforce stability
- ☐ Pilot evidence-based solutions and next steps

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





# Sharon's Books



...in these categories: **Healthcare, & Human Resources & Personnel Management**



## 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

# Rave Reviews

“The presentation **raised my awareness** of avoiding the “norm” and looking at issues in new ways and voicing my thoughts of new ideas.”

“I learned the importance of adjusting and being open-minded with yourself and staff. **Collaborate to improve** not only patient care but the well-being of fellow colleagues.”

“**I will definitely use the steps** Sharon enumerated to improve both my work and personal life.”

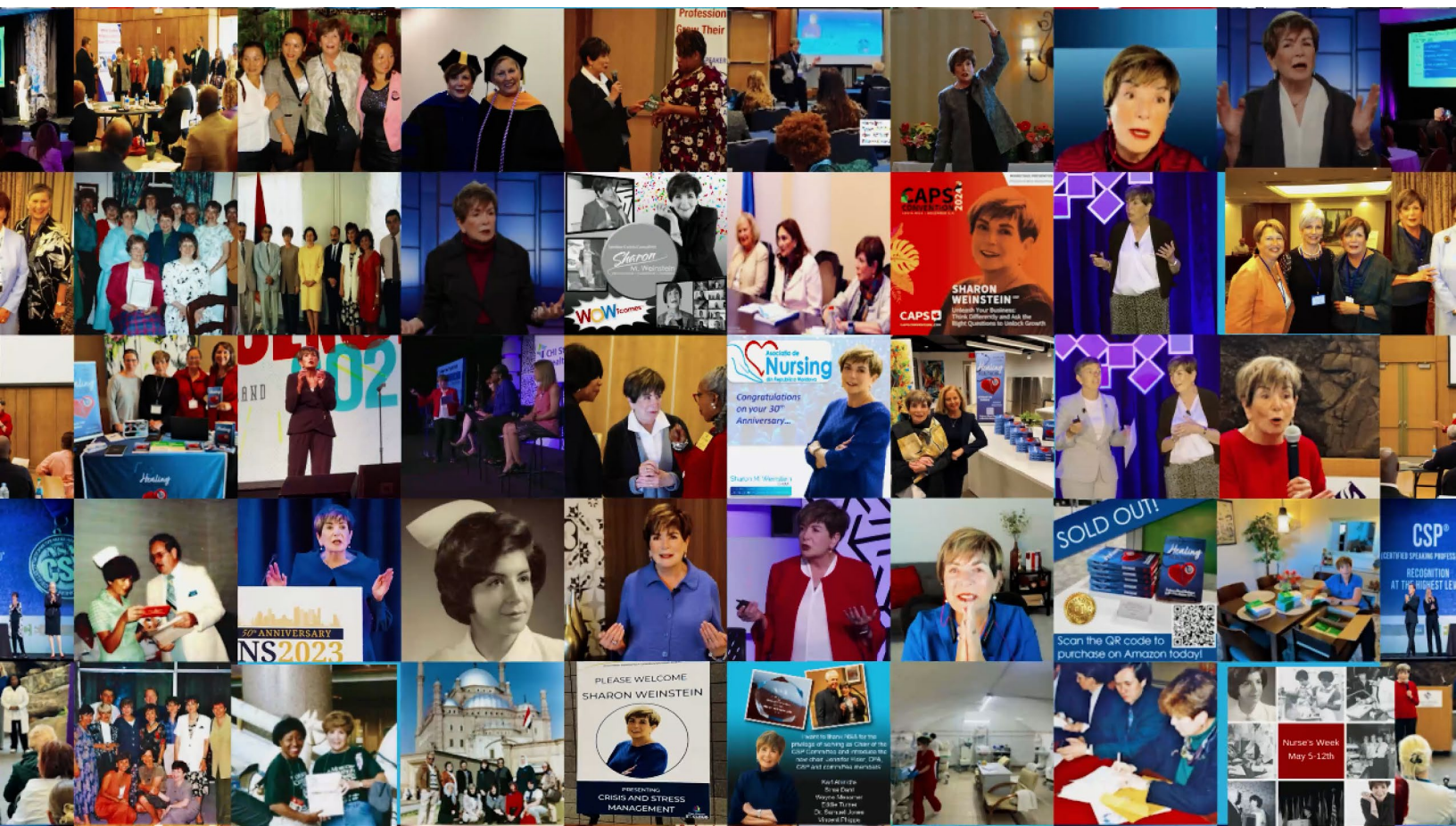
“**A professional** with great content that made participants start to think differently about their respective futures.”

“I learned about approaches to create **impact for your organization**, ideate, and innovate. I’ll be sharing with my own team to help get out of our rut.”

“Finally, a presentation that was not hospital-based. **Great speaker and good info.**”

“This was such a good topic and supported **how you talk** and perceive what is normal.”

“This session will help me **plan for change** and move forward in a work environment where Covid exposure is always present.”





# Contact Sharon

**Book Sharon Today!**

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**<https://smwgroupllc.com>**

**<https://thinkdifferentlybydesign.com>**



**Bureau Links!**

**<https://speakersfornurses.com/sharon-weinstein/>**

**<https://sessionize.com/sharon-weinstein/>**

**<https://www.celebritytalent.net/sampletalent/12164/sharon-weinstein/>**

**<https://academy.mpi.org/b/sp/sharon-weinstein-2163>**

**<https://www.espeakers.com/s/prom/profile/21601>**



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*Transform stress into strength and well-being into results!*