

# 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!*



# About Sharon

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

**TEDx Speaker • Lifetime Achievement Award Winner • The Stressbuster**

Meet the “Stressbuster,” Sharon M. Weinstein—a nationally recognized leader guiding individuals through the pressures of our fast-paced, ever-evolving world. A **TEDx** speaker and lifetime achievement award winner, Sharon transforms the way people approach stress and crises in both personal and professional spaces.

Her innovative approach, rooted in design thinking, offers a roadmap for creating sustainable solutions that harmonize work and life. In a landscape where the lines between personal and professional demands often blur, Sharon empowers individuals to:

- **Master Stress:** Develop actionable strategies to navigate pressure and uncertainty with resilience.
- **Balance Life & Work:** Harmonize competing demands while maintaining well-being and peak performance.
- **Innovate Solutions:** Apply design thinking to problem-solving for personal and organizational challenges.
- **Thrive in Change:** Build adaptability and confidence to manage rapid shifts in today’s environment.

Sharon’s work inspires transformation, equipping audiences and organizations with the tools to not just survive—but thrive—in a constantly evolving world.



As a Certified Coach, Consultant, Certified Speaking Professional, and Certified Virtual Presenter, Sharon holds the prestigious (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.

Through customized workshops, coaching, and captivating keynotes, she empowers goal-driven professionals to navigate stress, achieve results, and thrive—helping audiences and meeting planners alike shine with energy, authenticity, and lasting impact.

# Presentation Topics

## Stay Calm 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

“Your authenticity and presence were deeply felt, and your message will continue to inspire audiences well beyond the TEDx stage.”

- Kim Webster, **TEDx**UStreet Organizer

“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

“Your session on ENGAGEMENT empowered over 4,000 registrants; I enjoyed working with you and look forward to collaborating with you again.”

- Dr. Audrey Stevenson American Nurses Association

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

- Ericka Kerns, SHRM-CP

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 book utilizes real-life experience to deliver practical, timely, and trustworthy guidance for productive change.

- **Donna Hill Howes, SVP, Sharecare**

Reflect on the wisdom, insight, creativity, and actions offered by the authors and contributors...this is *Healing Healthcare*.

- **Daniel J. Pesut, Emeritus Professor, University of Minnesota and Indiana Universities Schools of Nursing**

*Harmony by Design* is a guide to living in harmony with our priorities and values.

- **Bonnie Barnes, Co-founder, The DAISY Foundation**

# 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.”

*Ready to Elevate  
Your Event*

**TEDx**



# Contact Sharon

**Book Sharon Today!**

**1.240.204.2435**

**[sharon@smwgroupllc.com](mailto:sharon@smwgroupllc.com)**

**<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>

 [/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)



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