

DR. ERIKA SALINA

ORGANIZATION DEVELOPMENT EXPERT

CEO - CONSULTANT - SPEAKER - AUTHOR

Keynotes/Breakouts/Workshops/Seminars/Retreats

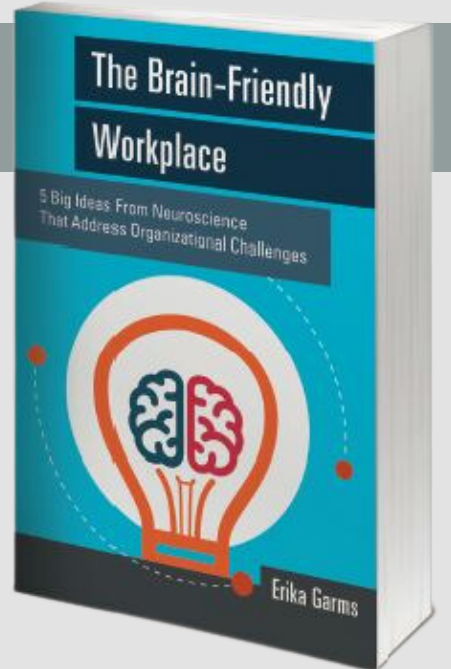
Erika shares pathways to organizational excellence by blending the art and science of productivity, leadership, culture and change. She has a rare ability to translate hard science into simple, practical methods in motivating, engaging ways

PARTIAL LIST OF POPULAR PROGRAMS:

BUILDING A BRAIN-FRIENDLY WORKPLACE

Disengagement among U.S. workers tops 70%! What's going on? Many organizations unknowingly reinforce distrust, cynicism, weak performance, and resistance to change. Discover how this can be turned around . . .

- How clear expectations and feedback are essential for high engagement and positive morale
- Why we're wired to *distrust*, and how to combat this
- Why mixed messages are so common and how to avoid them
- New, smarter way to understand work conflicts and solve them!



RADICAL PRODUCTIVITY

Explore how radically high productivity happens by using methods to help our MIND and our BODY develop discipline -and- find out what it truly takes to use time optimally. Skills learned will certainly apply to work settings but have benefits for overall life as well.

- Identify mental blocks and how to shift mindset
- Discover the formula for making habit change
- Develop commitment plan to adopt new habits and systems

THE FOCUS FORMULA

It's no wonder we struggle to feel a sense of accomplishment at the end of some days. On average, we spend less than four minutes on a task before becoming distracted. We lose 20%+ of our work time on squandered attention, which is costly to the organization and to our self-esteem. Discover:

- Clarify which of the four facets of focus are strengths and which are challenges for you
- Techniques to better manage external distractions
- Methods for minimizing internal distractions



ABOUT DR. SALINA:

Dr. Erika Salina is a cross-industry consultant who shows leaders and teams how to work, manage, and lead smarter using brain-friendly methods. As CEO of WorkingSmarts, she translates powerful scientific theory to everyday workplace practices and habits.

Dr. Salina is the author of, "The Brain-Friendly Workplace: Five Big Ideas from Neuroscience That Address Organizational Challenges" and the upcoming "ManagementSmarts."



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OVER.....➔

...AND OTHER PROGRAMS SUCH AS:

- SupervisorSmarts
- ManagementSmarts
- ChangeSmarts
- Brain-Friendly Remote Work Habits
- Don't Ignore Neurodiversity in the Workplace

What people are saying about Dr. Erika Salina . . .

"I found the session to be a fresh and energizing perspective on interpersonal relations in the workplace, a valuable recognition of the communication barriers that naturally exist between employers of different levels in the organizational hierarchy, and action-oriented learning in that I left the session with ideas for changing my own behaviors based on what I learned."

LORI HUSS, SPHR
Employee Relations Director
Scott County

"You made what could potentially be a very technical/scientific topic into a relatable and realistic subject, using real world examples!"

OCEA BICHA
HR Manager
Marsden

"I've been planning an important meeting with stakeholders and will be changing my approach to leading that meeting based on the concepts Erika shared!"

LORI SCHMIT
Executive Director
Central MN Mental Health Center

"We found Dr. Salina to be an excellent, thoughtful speaker with really good practical material. Attendees commented on her thoughtfulness and the many useful ideas they gained from her talk. Some have already requested that we bring her back to a future event."

DALE SHREVE
CEO
Mental Health Corporations of America

"Erika engages the audience, shares deep expertise, keeps the session lively, and always has people wanting to connect after the event!"

TERRI HIEB
Program Coordinator
Enterprise Learning and Development
State of Minnesota



PARTIAL CLIENT LIST

- 3M
- Association for Talent Development
- Carteret General Hospital
- City of Minneapolis
- Houston Engineering
- Manufacturers Association
- Medica
- Medtronic
- Mental Health Corporations of America
- Metropolitan Council
- Minnesota State Colleges and Universities
- MN Change Management Network
- Olsen Thielen
- Ramsey County
- Society of Women Engineers
- State of Illinois
- State of Minnesota
- Training & Development Show - Middle East
- Thyssen Krupp
- Western National Insurance

WorkingSmarts, Inc. is a certified small, woman-owned, minority-owned business and holds the following certifications:

WBE, MBE, SBE, WOSB, EDWOSB, DBE, CERT, TG/ES, 8a



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