

Helping Organizations Increase Productivity, Focus, and Their Bottom Line

Jacqueline Ryan Brodnitzki, President of Conscious Success LLC, teaches professional audiences how to identify and reduce the causes of stress. Her interactive presentations enable participants to both understand the causes of stress and identify how their own specific stress manifests. Her proprietary system provides quick and effective techniques for significantly reducing stress.

In her management seminars she helps managers understand the source of their team's stress so they can create collaborative teams with a unified focus. This results in enhanced creativity and the production of higher quality work consistent with the organization's highest goals.

Jacqueline also speaks to professional groups about How Reducing Stress Prevents Turnover and Keeps Employees Engaged and the role Emotional Intelligence plays in leadership effectiveness. She provides the latest in brain research and best practices for developing Emotional Intelligence and reducing stress both on an organizational and individual level.



Presentation Topics Include:

- Break Free from Stress
- Enable Your Team's True Potential By Managing Group Stress
- Emotional Intelligence: The Key Component To Leadership Effectiveness
- How Reducing Stress Prevents Turnover and Keeps Employees Engaged
- Reducing Attrition and Absenteeism in Your Call Center

Break Free From Stress

Understand how your stress is caused and practice techniques to immediately reduce stress and blood pressure. Learn how to implement an easy and quick stress management plan of action in order to keep stress at bay.

- The Causes of Stress
- Identify Limiting Thought Patterns
- Dissolve Thought Patterns and Distractions
- Productively Handle Difficult Situations
- Stress Management Plan to Keep Stress In Check
- Case Study - From Frantic To In Control: How One Executive Gained Control of Her Stress To Gain Credibility and Respect

Enable Your Team's True Potential By Managing Group Stress

Learn how to identify the signs of stress in your team and how to effectively reduce stress to increase the focus, productivity and well-being of your team members. Workshop topics include:

- The Causes of Stress
- Identify Stress in Your Team
- Identify and Dissolve Thought Patterns and Distractions
- Teaching Techniques to Overcome Stress
- How These Techniques Increase Emotional and Social Intelligence
- Case Study - Going From How? To WOW!: How One Team Reduced Their Stress and Increased The Quality and Creativity of Their Work

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Emotional Intelligence: The Key Component to Leadership Effectiveness

Learn how to increase your leadership effectiveness and emotional intelligence to foster greater employee engagement and productivity.

- Characteristics of High Performing Leaders
- What is Emotional Intelligence (EI)?
- How Emotional Intelligence Boosts Effectiveness
- The Latest Brain and EI Research
- Best Practices for Developing EI

About Jacqueline

Jacqueline combines over 15 years of corporate management and training expertise with her knowledge of Eastern philosophy and coaching skills to help companies increase team effectiveness, reduce employee stress and increase focus, productivity and the bottom-line.

Jacqueline spent over 15 years working with Fortune 500 corporations while employed by Hewitt and New York Life Retirement Plan Services as a Trainer, Consultant and Manager. As Vice President of Client Services, she created and managed the relationship management function responsible for maintaining and expanding business with clients and ensuring profitability. She also created and lead executive level client conferences.

Additionally, Jacqueline is accredited by the Hay Group, Global Management Consulting Firm, for demonstrating mastery of the Emotional and Social Intelligence Competency Instrument and to deliver expert feedback using the assessment tool.

Testimonials

"Jacqueline's presentation for NEHRA's Learning and Organizational Development Community Forum was thoughtful, focused and very informative.

She has an engaging and easy style that made the (at times dense) material very accessible, and she provided real take-a-ways that I was able to put into practice right away.

We were so inspired we are having her present again to the NEHRA membership at large!"
~Natalie Bacon, Manager of Professional Development Northeast Human Resources Association

"Jacqueline Brodnitzki's presentation to NEHRA's Learning and OD Community Forum was excellent. Jacqueline is definitely an expert in and passionate about Emotional Intelligence (EI). She explained the importance of EI for leaders and their organizations, and modeled the key components as she facilitated a meaty group discussion.

Jacqueline's calm, positive, empathetic, and enthusiastic style brought just the right energy to the topic, and it was evident to me that by the end of the presentation, each member of the group was motivated to further develop his/her emotional intelligence. This presentation, or other similar ones by Jacqueline, will help the leaders who attend, and the organizations smart enough to train their leaders in these proven skills for success."

~Elaine S. MacLellan, President, Performance Development Inc.