



# Dr. Nadine

Everything You Need to Know  
To Book Dr. Nadine Greiner  
at Your Next Event

*“She made us laugh,  
and she almost made us cry.  
Dr. Nadine is magnetic.”*

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# THREE STRESS-FREE WAYS TO ENGAGE WITH DRNADINE

Leaders are responsible for a myriad of moving parts. From teams and employees to managing the bottom line, time and resources are often in limited supply while demand grows. Stress piles up quickly and can have serious repercussions on business performance. I help remove stress in a smart, efficient, and scientific way, for healthier, happier leaders and teams.

## 1. GUEST SPEAKER

### Leading with Less Stress

Stress is not a necessary evil nor a badge of honor. Not only does it drive down performance, it can ultimately kill you. I use entertainment, laughter, insight, and concrete and actionable tools to show leaders how they can immediately begin to combat stress.

In this talk, you'll learn how to:

- Know what the signs and symptoms of stress are
- Combat reactive stress responses
- Heal long term stress proactively
- Take action when stress affects your teams
- Laugh like you have never laughed before

This life-changing talk changes everything.

## 2. WORKSHOP

### A Hands-on Approach to Stress Management

This workshop is a fun, interactive, memorable, and special treat for your team that will activate new, healthy habits.

Highlights include:

- A unique stress test
- The 4 types of stress and how to tackle each one
- Internal and external stressors, and how to change your mind and feelings
- Tips and tricks on how to enjoy work and life
- How to prevent your team from becoming infected with the stress virus
- An action plan for a healthy and happy life, at work and at home

Workshops can be held in half a day, one day, or two-day settings, as appropriate. You can also combine this with a speaking engagement and receive a discounted rate.

## 3. THREE-MONTH PROGRAM

### Stress-Busters

This closed, confidential program is designed for directors and above to take their performance to new levels.

The program includes:

- Working through key leadership challenges and preventing stress on an individual and organizational level
- Addressing multiple sources of stress and using new approaches to identify and stop it
- Gaining a system of peers to support the leadership journey



## MY PHILOSOPHY

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You are not just seeking to fill an hour with another talking head. **You are seeking to meet an organizational goal in an entertaining way that moves people to action.** The messenger is the message. That is why clients appreciate the humor combined with and the hard-hitting science I deliver. They also appreciate that I am flexible and prepare key points that align to their business goals.

Ultimately, I believe your strongest asset is found in the people who lead your business. **I believe the world needs great leaders working at their highest levels.** Today's business environment demands that both organizations and individuals perform at higher levels than ever before. As a result, leaders must stretch themselves, as well as others, to achieve steep goals and bring about real change - often in compressed periods of time.

In this climate of increasing pressure, managing stress is critical to ensure long-term success. That is why I work with changing organizations and their leaders to achieve measurable goals that make an impact and generate results. **My goal is to deliver lasting change.**



# ABOUT DRNADINE

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As an organizational psychologist and former CEO, DrNadine understands the pressures and demands leaders face. Equipped with this background, and a 30-year record of developing some of the brightest stars in San Francisco and Silicon Valley, her goal is to help high-performing executives and leaders achieve even greater success.

Author, speaker, executive coach, and HR consultant, Dr. Nadine Greiner, is an expert on stress and leadership effectiveness. Based in San Francisco, California, DrNadine gained hands-on experience in executive stress as a CEO for a healthcare company at the age of 38. Knowing what it takes to be an effective leader, she applies her knowledge to accelerate client success.

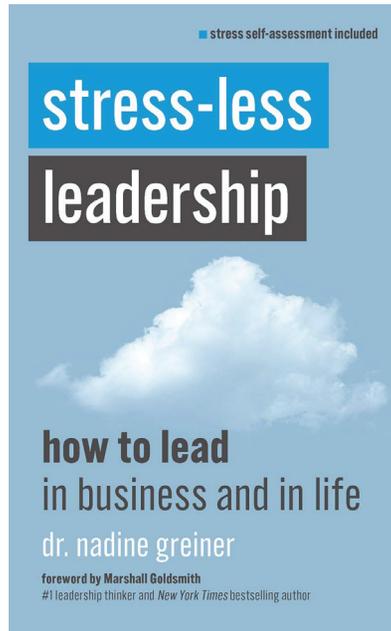
DrNadine holds a dual Ph.D. in Organization Development and Clinical Psychology and is the author of *The Art of Executive Coaching* and *Stress-less Leadership*. She is regularly sought after as a speaker and instructor around the world. DrNadine cares deeply for animals and donates 20% of her profits to animal welfare.



# DRNADINE'S BOOKS

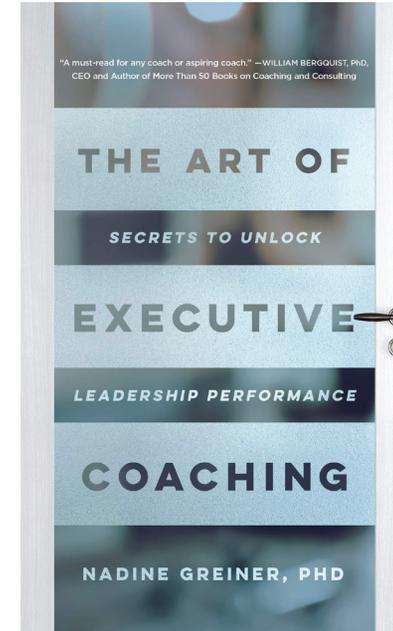
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Low-cost or free book with speaking engagements for all participants. Autographs available.



## Stress-less Leadership

Say “goodbye” to stress-induced headaches, wasted time, wasted energy, and unhappiness. Stress is not a necessary evil. It is not a badge of honor. It is not a way of life. In fact, it’s probably leading you to your death, and making people around you miserable. Take control of the pressures at work and at home with actionable strategies and real-world solutions and unlock your potential.



## The Art of Executive Coaching

As businesses become more complex, they tend to lean on their high performers to fend off competitors, innovate, and pivot to unexplored markets. But who do these executives and leaders turn to when they need to refine their own skills? Executive coaches. In *The Art of Executive Coaching*, Dr. Nadine Greiner teaches other executive coaches what it takes to unlock executive performance.

# DRNADINE'S CLIENTS

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GROUP

GAP



San Mateo Medical Center  
*A County System of Healthcare*



Stanford  
MEDICINE



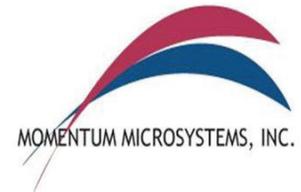
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# BOOK ME FOR YOUR NEXT EVENT

You can contact me with any questions,  
to set up a time to discuss your event,  
or to confirm booking.

*I'm looking forward to working with you.*

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 **DrNadine**

