

HOSPITAL-BORN RESEARCH FOR THE MOMENTS THAT MATTER MOST.

Helping nurses and healthcare teams make clearer, calmer decisions—especially when everything is on the line.

Dr. Shari Strong equips healthcare professionals with a research-backed framework for staying grounded, trusting their teams, and making clearer decisions through crisis—without asking them to become less human in the process.

MA, Pastoral Counseling • Doctorate, Strategic Leadership • International Speaker • Workplace Consultant • Author



RESEARCH BORN INSIDE A HOSPITAL

Shari's doctoral research was conducted inside a Midwest rural hospital, studying the real decisions clinical leaders and care teams make under pressure. That work uncovered the invisible mindsets shaping decisions in a crisis and became Decision DynamiX™: a practical framework that helps healthcare professionals recognize how they think under stress and reset to a clearer, more grounded response during the same shift—not as theory to study later.

Why nursing and healthcare audiences book Shari

- Built from doctoral research inside an actual high-pressure hospital setting—not borrowed from an unrelated industry.
- Gives nurses and clinical leaders language for what happens during a code, a hard conversation, a short-staffed shift, or a difficult case.

What care teams gain

- 100% of leaders in Shari's research named trust as the single biggest factor in making and executing decisions under pressure.
- Every session leaves the room with a floor-ready, same-day self-coaching tool—not just a memorable talk.

WHY THIS IS NEW

- Decision DynamiX™ is a real-time practice healthcare professionals can use during a hard case, team conflict, staffing crisis, or leadership decision—not just discuss afterward.
- It helps nurses and leaders see their own mindset clearly, trust the people beside them, and choose their next move instead of reacting on autopilot.
- It creates a shared language across nurses, charge nurses, physicians, clinical leaders, units, and interdisciplinary teams.
- It makes emotional intelligence practical in environments where communication, trust, and decision quality directly affect people.

FEATURED & TRUSTED BY: Shenandoah Medical Center • Guide Post Pediatrics • Claiborne County Hospital • Lincoln University • and others

"Shari didn't just motivate our team—she gave us a shared language for how we make decisions under pressure. It changed our culture."

BUILT FOR HIGH-PRESSURE HEALTHCARE ENVIRONMENTS

Practical sessions for clearer decisions, stronger trust, and steadier teams.

Each session is available as a keynote, breakout, or workshop for nursing conferences, hospital teams, clinical leaders, departments, and system-wide events.

01

Leading Through Crisis: When the Pressure Is On

KEYNOTE • FULL-DAY WORKSHOP ADAPTATION

Based on Shari's doctoral research inside a high-pressure hospital environment, this session explores how self-awareness and team trust affect clarity, communication, and action during crisis—and gives healthcare professionals a practical way to reset before pressure takes over.

45-60
MINUTES

AUDIENCE
WALKS AWAY

- Name the factors that shape how people lead through crisis
- Build self-awareness through practical, floor-ready exercises
- Leave with a personal crisis-response protocol

02

Unlock Your Decision Power: The 7 Mindsets of Decision-Making

KEYNOTE • HALF-DAY WORKSHOP ADAPTATION

Every healthcare professional makes decisions through a mindset—and that mindset shifts during a crisis or hard case. Shari's flagship Decision DynamiX™ session helps people identify the pattern shaping their response and replace reactive decision-making with grounded, intentional action.

45-60
MINUTES

AUDIENCE
WALKS AWAY

- Identify their dominant decision mindset
- Recognize how it changes during a crisis or hard case
- Apply a same-day self-coaching framework

03

Trust: The Foundation of Every Good Decision

CARE TEAMS • UNITS • CLINICAL LEADERSHIP

100% of the leaders in Shari's research named trust as the most critical factor in making and executing decisions under pressure. This session explores how trust is built, protected, and rebuilt on a care team—and what breaks down when it is missing.

30-45
MINUTES

AUDIENCE
WALKS AWAY

- Understand how trust shapes real-time decisions on a unit
- Identify their own trust style and its impact
- Rebuild trust after conflict or a hard case

FLEXIBLE FORMATS Nursing keynote • Breakout session • Leadership retreat • Staff development • Full-day workshop

Bring Decision DynamiX™ to your nursing conference or healthcare team.

Request booking information, availability, and the best-fit session for your audience.

thesharistrong.com/speaking

Decision DynamiX™ is Dr. Strong's research-backed framework for understanding how mindset and emotion shape decisions under pressure.