

EMOTIONAL INTELLIGENCE MADE PRACTICAL FOR HIGH-STAKES LEADERSHIP.

Helping leaders make clearer, calmer decisions—especially when the stakes are high.

Dr. Shari Strong turns emotional intelligence from a buzzword into a research-backed, field-tested framework leaders can use under pressure, under scrutiny, and under the weight of decisions that affect people and performance.

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



THE MISSING PIECE IN LEADERSHIP DEVELOPMENT

Most leaders have heard of emotional intelligence; fewer have been shown how to use it while a hard decision is actually being made. Shari's doctoral research studied real leadership decisions inside a high-pressure hospital environment and became Decision DynamiX™: a practical, repeatable way for leaders in any industry to recognize their emotional state, identify the mindset driving the moment, and reset to a clearer response in real time.

Why leadership teams and conferences book Shari

- Built from doctoral research in an actual high-pressure environment—not a decades-old EI model recycled into another slide deck.
- Gives leaders practical language for what is happening internally while a high-stakes decision is being made—not after the fact.

What leadership 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 same-day self-coaching tool—not a personality label or motivational quote to file away.

WHY THIS IS NEW

- Decision DynamiX™ is a real-time practice leaders can use during conflict, uncertainty, organizational change, or a difficult decision—not just discuss afterward.
- It helps leaders see their own mindset clearly, understand its effect on others, and choose their next move instead of reacting on autopilot.
- It creates a shared language across executives, managers, emerging leaders, departments, and cross-functional teams.
- It makes emotional intelligence practical where communication, trust, execution, and decision quality directly affect results.

FEATURED & TRUSTED BY: Leadership Omaha • Liberty University • Bloomberg Sales • Kodak • Budweiser • Contact At Once • and others

"Shari didn't just talk about emotional intelligence—she gave us a shared language for how we lead through pressure. It changed how we lead."

BUILT FOR THE DECISIONS LEADERS MAKE UNDER PRESSURE

Practical sessions for clearer decisions, stronger trust, and better execution.

Each session is available as a keynote, breakout, or workshop for executive teams, leadership offsites, associations, managers, emerging leaders, and company-wide conferences.

01

Emotional Intelligence in Action: The Practical EI Framework for Leaders

KEYNOTE • FULL-DAY WORKSHOP ADAPTATION

Based directly on Shari's doctoral research, this session moves emotional intelligence out of theory and into practice—giving leaders a real-time way to read their reactions, understand the effect on the room, and reset under pressure before emotion starts making the decision for them.

45-60
MINUTES

AUDIENCE
WALKS AWAY

- Name the factors that shape self-management under pressure
- Build self-awareness through practical, real-time exercises
- Leave with a personal EI reset protocol

02

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

KEYNOTE • HALF-DAY WORKSHOP ADAPTATION

Every leader makes decisions through a mindset—and that mindset shifts when the stakes rise. 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 crisis or a high-stakes moment
- Apply a same-day self-coaching framework

03

Trust: The Foundation of Every Good Decision

EXECUTIVE TEAMS • MANAGERS • LEADERSHIP COHORTS

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 leadership team—and what breaks down when it is missing.

30-45
MINUTES

AUDIENCE
WALKS AWAY

- Understand how trust shapes decisions on their team
- Identify their own trust style and its impact
- Rebuild trust after conflict or a hard call

FLEXIBLE FORMATS

Conference keynote • Breakout session • Leadership offsite • Manager training • Full-day workshop

Bring Decision DynamiX™ to your leaders, conference, or organization.

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.