

CLEARER DECISIONS. STRONGER SELF-TRUST. LEADERSHIP THAT LASTS.

Helping women make clearer, calmer decisions—and trust themselves enough to act on what they already know.

Dr. Shari Strong turns emotional intelligence from a buzzword into a research-backed, field-tested framework women can use in the moments that matter most—under pressure, under scrutiny, and under the added weight of having to justify a decision that was already right.

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



RESEARCH BUILT FOR THE PRESSURE WOMEN LEADERS FACE

Most leadership development was not built with women in mind, and most emotional-intelligence training stops at awareness. Shari's doctoral research studied real decisions made under pressure and became Decision DynamiX™: a practical way for women leaders to trust their read of a situation, use emotional intelligence as a strategic strength, and make high-stakes calls with clarity instead of over-explaining themselves.

Why women's conferences and organizations book Shari

- Built from doctoral research inside a real high-pressure environment—not another confidence slogan or generic “lean in” talk.
- Gives women language for the self-doubt and second-guessing that can appear right before a consequential decision—and a way to move through it.

What the audience gains

- 100% of leaders in Shari's research named trust as the single biggest factor in decisions made under pressure—trust in the team and trust in themselves.
- Every session combines a resonant story with a same-day tool—not a motivational quote to remember and forget.

WHY THIS IS NEW

- Decision DynamiX™ is a real-time practice women can use in a boardroom, client conversation, team conflict, or career-defining moment—not just discuss afterward.
- It helps women see their own mindset clearly and choose their next move with confidence instead of waiting for permission or approval.
- It creates a shared language across leaders, teams, ERGs, cohorts, and women's professional communities.
- It treats emotional intelligence as a leadership capability—not a soft skill women should downplay.

FEATURED & TRUSTED BY: Lincoln 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 MOMENTS WOMEN LEAD UNDER PRESSURE

Practical sessions that turn self-awareness into decisive action.

Each session is available as a keynote, breakout, or training workshop for women's conferences, leadership cohorts, ERGs, associations, and company-wide events.

01

Emotional Intelligence in Action: The Practical EI Framework for Women Leaders

KEYNOTE • FULL-DAY WORKSHOP ADAPTATION

Emotional intelligence is not a personality quiz or a one-time workshop. This research-based session gives women leaders a real-time way to read their own reactions, quiet the second-guessing, and reset under pressure instead of over-explaining a decision that was already right.

45-60
MINUTES

AUDIENCE
WALKS AWAY

- Name the factors that shape self-management under pressure
- Build a practical self-awareness habit through 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 women identify the pattern running the room, trust what they already know, 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

WOMEN'S LEADERSHIP TEAMS • COHORTS • ERGs

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 women leaders build trust with their teams, hold onto it under scrutiny, and rebuild it when a decision gets questioned.

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 questioned decision

FLEXIBLE FORMATS Conference keynote • Breakout session • ERG program • Leadership cohort • Full-day training

Bring Decision DynamiX™ to your women's 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.