



Accelerating **S.T.R.O.N.G.** Leaders through Speaking and Training

"The **S.T.R.O.N.G.** Method":

Self
Thoughts
Resiliency
Opportunities
Network
Gratitude



Flexible solutions for your business needs

EllenCoaching helps your S.T.R.O.N.G. Leaders stay out of the "F-Zone"! That place of fight, flight, freeze, fear, frustration, or being fed-up!

Ellen specializes in Leadership Speaking and Training with a hint of neuroscience around what's happening in the brain when we lead.

Whether you are looking for a keynote to engage and motivate your group, or are a company looking for workshops with individual coaching; Ellen helps your team move the needle!

Ellen's Workshops have proven successful results with Executives, Directors, Managers, MBAs, EMBA's, undergrads, and First-time Leaders.

KEYNOTES

Stay Out of the "F-Zone"

Corporations want their leaders to stay out of fight, flight or freeze mode. But what about fear, frustration, being fake, or even having a "fixed" mindset? This interactive and customizable workshop discusses the neuroscience behind the "F-Zone" and teaches applicable techniques to increase communication, trust, and productivity.

Personal Branding for Professional Growth

If you don't manage your reputation both in-person and online, you are risking damage to your brand. Your brand is like your fingerprint. No one else has it, nor can they successfully imitate it. Your differentiator is the uniqueness that only you can offer. Participants will measure their own professional reputations and create a plan to solidify their brands. This session has achieved great success with MBA students (full-time, part-time, EMBA's, and specialty master's) at such institutions as Michigan State University, the Hong Kong University of Science and Technology, and the University of Tennessee-Knoxville.

Coaching Your S.T.R.O.N.G. Team

Strengthen your team and integrate new employees more effectively by empowering them to develop strong relationships and good communication skills. This customized workshop will apply coaching techniques supported through the International Coach Federation and Ellen's 20+ years of being a Higher Education Administrator to meet the needs of your team. EllenCoaching will facilitate an interactive, energetic, and productive day.

"The S.T.R.O.N.G. Method" for Leaders

Empower your students, staff, or managers to succeed with this practical and theory-based workshop focusing on the six principles of neuroscience for leaders. "The S.T.R.O.N.G. Method" stands for **Self**, **Thoughts**, **Resiliency**, **Opportunities**, **Network**, and **Gratitude**. You can create a workshop centering on one of the principles or incorporating all six. Whether given at the beginning of the year, mid-semester, or right before on-campus interviews, this workshop provides excellent tools to keep your leaders motivated and in control.

Speaking | Training | Coaching | Consulting

Coaching engaged employees for bottom-lined success

We combine customized, introductory group activities with longer-term individualized coaching to help talent learn about and practice new behaviors in a supportive and sustained way.



SPEAKING

Motivation at your next event!

A vibrant and insightful presenter, signature expert, Ellen Bartkowiak is sought by senior-level executives, career changers, MBA programs, and talent recruiters around the world to share her expertise in mindfulness and leadership development.



TRAINING

Practical philosophies for professional change

Ellen's mindfulness workshops provide you with practical, inspiring ways of improving your leadership effectiveness. Participants will leave with an in-depth understanding of a new perspective or philosophy and how to put that understanding to work in the real world.



COACHING

Foundations for success

As your accountability partner, Ellen will help you plan for change and continuously move forward. Following a speaking or training visit, Ellen helps you learn how to incorporate new skills, risk change within a safe professional sphere, and remain accountable as new ways of behaving become routine.

What people are saying about Ellen

"I love how Ellen helped me get focused around what is truly important. In one-hour, I was able to leave knowing how my strengths can get me through difficult situations."

"I can't thank you enough for this workshop. As a PhD student juggling classes, research, my family, and sometimes not feeling like I'm in control, I now am clear about my focus and have several tools to keep me grounded. Thank you!"



ABOUT ELLEN BARTKOWIAK

International Speaker around Career Management, Coaching Techniques for Managers, and Mindfulness Leadership

Certified Leadership, Mindfulness, and Career Coach through the International Coach Federation

25+ years of experience with leaders, managers, and individual contributors in multiple industries

Energetic, dynamic, and direct communicator for coaching, speaking, and training

