

# Joie Seldon, M.A.

Author of *EMOTIONS: An Owner's Manual*

A master of audience engagement, impactful workshop leader, and Emotional Intelligence expert, Joie Seldon is on a mission to debunk the misconceptions about emotions that keep people from the success and fulfillment they crave.

## EMOTIONALLY INTELLIGENT LEADERSHIP

*If you care about your audience and want them to be successful, have Joie Seldon present at your next event.*

– Elaine Johnson CPS, VP Programs, IAAP

## Signature Topics

### THE POWER OF EMOTIONALLY INTELLIGENT LEADERSHIP

While many espouse the value of Emotional Intelligence in business, they cannot say exactly what an emotion is. In this unique and captivating presentation, Joie demystifies emotions, sharing simple concepts and tools that can be applied immediately at work. Improve the quality of your work environment and professional relationships, diminish stress, and impact the bottom line by learning:

- The #1 myth about emotions that causes communication breakdowns
- Two critical keys that elicit lasting commitment to shared goals
- How to diminish stress quickly and straightforwardly
- How to lead when you think you need to know everything, but don't (and who does?)

### WOMEN: EMBODY YOUR WISDOM AND LEAD WITH AUTHORITY

Women struggle in the business world to have a seat at the table and a voice on the team. The knowledge, talents, experience, and wisdom of too many women are being ignored or denied. This is not about disempowering men. Rather, it is time for synergy – to work together to create something greater. To do this, women must have authority.

In this enthralling presentation, Joie teaches women how to harness the very thing they have been devalued for, their emotions, as a powerful tool for success. You will deepen your sense of self-value and power as a woman by learning:

- The #1 myth about emotions that is holding women back
- How to harness your emotions as a tool for success
- Two ways to manage vulnerable feelings without self-sacrifice
- How to turn fear into courage and anger into effective action

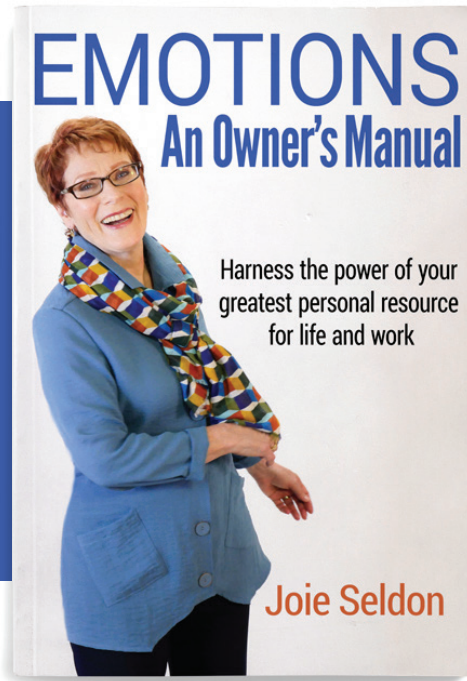
## BREAKFAST OR LUNCH-N-LEARN “HOW TO” TOPICS:

- HOW TO ...
- Express Anger Without Getting Fired
  - Manage Anxiety, Stress & Worry Constructively
  - Manage Sideways, Leadership Skills for Project Managers



As a trainer, coach, and specialist in Emotional Intelligence, Joie Seldon addresses the interpersonal aspects of business by teaching clients how to use their emotions as a powerful tool for building leadership skills. Managing teams and projects, building collaboration, communicating effectively, and dealing with different personalities all require the ability to manage one's self while guiding and supporting others in ways that get the job done as proficiently as possible. The result is greater fulfillment for everyone.

A dynamic speaker, Joie has presented to worldwide audiences, online and in person, about the benefits and success secrets of Emotional Intelligence, engaging audiences with humor while making a complex topic accessible and fun. Her unique approach comes from 30 years of studying human behavior, a master's degree in Somatic Counseling Psychology, 10 years coaching business professionals, and many years as a professional actor and acting teacher.



Available on Amazon.com - Audible.com - BarnesandNoble.com

*"The depth of content, clear organization, distilled essence of fundamental concepts, and Joie Seldon's voice of authority from years of experience makes a very complex subject totally accessible and incredibly helpful. I love the practices and solutions described."*

— Sherry Mouser, Graphic & Branding Specialist

*"This book held my attention from start to finish. It was an amazing, informative experience delivered in a non-judgmental, non-scary manner. I am so grateful to finally look at emotions in a different, more powerful way."*

— Janet Ottignon, Sr. Executive Assistant, VMware

### Sample of Past Presentations:

- AT&T
- Watermark
- Fremont Bank
- Project Management Institute Int'l
- Women In Technology Int'l (WITI)
- Nat'l Assoc. of Professional Organizers
- Women in Business Leadership Forum
- Women Entrepreneurs of the Bay Area Success Conference
- US Association of Body Psychotherapy, National Conference
- eWomenNetwork

## Engage Joie and order her book for your organization!

*It will inspire audience members to embrace the powerful information and exercises long after the event has concluded.*

### What People Are Saying

*"Joie Seldon completely blew me away! She is knowledgeable about her topic and extremely lively and engaging. As a Corporate Meeting Planner, I have seen many presenters. Joie connects to her audience on a level I have not seen in decades!"*

— Angie Toussaint-Billingsly, eWomenNetwork, Managing Director

*"Joie Seldon was the highest rated speaker we've had."*

— Morgan Stanley Women's Leadership Forum

*"Joie Seldon is a talented, empathetic presenter who connects with the audience quickly. She provided valuable insights into emotions and left participants inspired and informed. I loved her versatility and the way she handled her whole subject."*

— Nancy Austin, co-author of "In Search of Excellence"

*"Joie knocked it out of the ballpark! I have never seen my club be so attentive and engaged with a speaker. Her talk was just sublime, supreme and way cool."*

— Judith Glass, Real Estate Industry

### CONTACT:

415-218-4810 | [Joie@JoieSeldon.com](mailto:Joie@JoieSeldon.com) | [www.JoieSeldon.com](http://www.JoieSeldon.com)

 /JoieSeldonMA

 /in/joieseldon

 @JoieSeldon