

# Professional Speaking that Builds Resilience

building capacity, clarity and connections from the inside out



Sandy Anderson, ms  
SANDYANDERSONCONSULTING.COM

Audiences experience speaking that combines soul-filled stories and strength-based strategies rooted in research that offers hope in the experiences of exhaustion, burnout and lack of clarity that can plague us during challenges, uncertainty and the unexpected.

## *explore. envision. engage.*

The intention and invitation needs to be genuine, unique and relevant to emerge sustainable and transformational impact. Sandy speaks authentically and with practical strategies to guide audiences in:

- 1] EXPLORING the current experience[s]
- 2] ENVISIONING impact and desired outcome[s]
- 3] ENGAGING strategies that create growth and desired change as takeaways

## *Topics*

### *Leading in the Middle*

For those in leadership positions challenges and disruptions can lead to exhaustion, reactive responses, cultivated apathy and disconnection. As we pour out and dismiss our own experiences, we burn out. There are strategies and hope that can transform our leadership and those we are called to lead.

### *Resilience in the Middle*

The challenges mount as our capacity seems to deplete. The result a sense of depletion, disconnection and settling for a survival mentality that influences how we live and lead. Sandy offers a research-based framework and practical tools to move towards greater alignment and the anchoring we crave especially in the middle of challenge, change and even conflict. It's not magic. It's how we show up in the mundane where the magic happens.

### *Margins and the Mission*

Do more with less. The mantra that is commonplace, typically unchecked and is often a subtle culture norm. And it is sabotaging wellbeing at an alarming rate. There's a different way, a mind shift and strategies that create space to grow innovation, connection, collaboration and resilience: all necessary for sustainability of any organization. Margins matter to your mission. Margins matter to retention and engagement. Explore how margins can transform your teams, elevate wellbeing and activate your mission.

## *Transforming Culture One Conversation at a Time*

One conversation. One exchange of words spoken, written, typed, texted, or posted can change the direction and ultimately the outcome. Conversations create culture. And yet, the skill and practice of creating culture-building conversations is given little attention and less intention in most organizations. The hurry and hustle sabotages capacity, connection and clarity may be unintentional, but the fall out is devastating. We can't afford to not give attention to strategies that equip us to have transformational conversations. Explore how to create team/board/organizational cultures that prioritizes people over problems and invites a new level of engagement.

## *Margin | Aligned & Anchored Living* [an interactive conversation with women]

The voices are loud. Around us and within us. Voices that shout we aren't doing enough, aren't enough. Voices that hinder us from aligning to what matters. Voices that sabotage our ability to create, practice and maintain margins that allow us to be more present, innovative and design a calendar that aligns to what we value. Sandy creates an opportunity for women to identify the barriers that sabotage alignment and often create confusion and exhaustion. Then guides them in exploring strategies like margins that emerge clarity on next steps towards what they value and a soul satisfying alignment to what matters.

For more in depth descriptions visit [sandyandersonconsultingspeaking](https://www.sandyandersonconsultingspeaking.com)

## *Where do I start?*

Let's have a conversation. No cost, no commitment.

Take a glimpse at the speaking topics listed. Sandy's voice and message could be the challenge and compassion needed to build greater capacity, connections and clarity for those you are designing an experience for. Together, we can design a topic that speaks the needed resilience into the audience at your table!

Book your one hour no cost Discovery Consult with Sandy

<https://calendly.com/sandyandersonconsulting/organization-discovery-consult>

# Sandy Anderson, MS

Sandy Anderson Consulting & Coaching

Sandy has more than thirty years of experience in guiding individual leaders, teams, organizations and communities to rethink what authentic resilience-rooted engagement can look, feel and function like.

Sandy holds a bachelor's degree in Community Health and Masters in Organizational Leadership. This unique combination creates a holistic approach to how she speaks to individual wellbeing and how it influences our ability to lead ourselves and others well.

Her work in education as a coach and adjunct professor as well as several healthcare systems including Mayo Clinic as consultant to the Center for Innovation and in the health system as a community engagement specialist. This work along with consulting and coaching with hundreds of organizations, Sandy's genuine approach to identifying challenges and emerging practical solutions using strength-based approaches has invited the collective impact necessary for and sustainable change and authentic engagement.

Sandy is author and designer of the table principles™, an interactive resource of ten no cost behaviors that transform conversations that develop resilience boosting culture norms. Essential to every organization for sustainability and sanity.

As a Gallup Certified Strengths® Coach, Sandy integrates a coaching-style approach to engage individuals/teams in transforming workplace experiences and organizational cultures one conversation at a time. She creates conversations that fuel relevant action through strategic tools designed to expand capacity, clarity and connection in how we lead AND impacting how we go home.

