

Embracing **THE** Feminine Superpower : *Sensitivity*



Susan Bernstein, MBA PhD

Career Empowerment + Leadership Coach

Susan Bernstein, MBA, PhD empowers smart, high-achieving emerging leaders – especially women -- to step into their most sensational selves. She blends MBA strategic sensibilities gained in leadership roles at companies like Franklin-Covey, Intel, and Accenture, with PhD psychological tools for overcoming internal and external roadblocks. Her unconventional approach to personal and professional development is fueled by powerful mind/body transformational processes that have catapulted her clients to success.

For women to claim our rightful parity with men, we must reclaim a superpower that we have surrendered, especially in the business world: Our sensational sensitive nature. Women are naturally aware of sensations, and use them to inform our intuition, our navigation, our decisions, and our communication. But in more masculine environments -- especially business, law, and medicine -- these abilities are often dismissed or denigrated. This presentation highlights the value to women of our sensations, and offers practical, concrete ways to tap into our embodied wisdom to become more powerful.

As a result of this presentation, participants will:

- Learn why the mind/body connection – and sensations in particular – matter so much in women’s journey to becoming more sensational
- Understand the ways that women have surrendered our embodied wisdom, particularly at work, so we can reclaim it
- Envision a world where all women are using our fullest potential and embodying her sensational power
- Experiment with specific practices to harness sensations and a “sensitive” nature in a positive way, so participants stand up for themselves and claim their rightful parity with men in a co-creative, collaborative way

☆ Praise ☆

"Susan was the featured guest speaker for Women in Leadership at the Haas School of Business. Susan led our members through an informative and interactive session focused on the connection between the body and the mind. She provided a base of research and knowledge to introduce us to the topic, then discussed real life decision points and moments when we can leverage this knowledge, and finally had us practice techniques that we can use in our every day lives to draw that connection between our bodies and minds. Susan brings a tremendous amount of knowledge and life experience to the table to help women navigate through specific leadership issues."

- Julia Ponce, Brand Manager, The Clorox Company

"I booked Susan for a talk at Intel on 'ROLE' – Return on Life Energy. I found the presentation to be very interesting and thought provoking. Susan shared concepts that one may have been familiar with in the past. However, the simplicity with which the message was conveyed is what appealed to many! They could relate to it. She engaged the audience well and the session was very interactive."

- Monika Venkateshmurthy, Organizer, Women in Intel Conference

"Susan Bernstein is an entertaining and inspired speaker. She delivers her message clearly and concisely with lively humor and sincere personal experience, offering worthwhile mind-body guidance and insight into how women leaders can be truly sensational."

- Dana Maralson, Mills College MBA Progra

Susan has delighted audiences, including:

Association of Women MBAs
Esalen Institute
Green Festival
Haas School of Business – Berkeley
Marin Arts Council
Sedgwick, LLP
San Francisco Coaches Association
Stanford Graduate School of Business
Stanford Graduate School of Engineering
University of California – San Francisco
Women at Intel Network Conference
Women in Leadership Conference, UC Berkeley
Women in Law Empowerment Forum
Women's Initiative – East Bay
Young Women Social Entrepreneurs
Young Non-Profit Professionals

Bring Susan to speak to your audience about....

Cultivating powerful leadership presence
Understanding how to use your non-verbal intelligence
Harnessing the power of your emotions and sensitivity
Speaking in ways that truly connect and make an impact
Enhancing intuitive ability
Standing up and speaking up for yourself as a leader
Navigating power dynamics
Transforming conflict into collaboration and creativity
Developing mindful awareness
Staying calm under pressure
Coping confidently in chaotic, uncertain situations
Expressing creativity at work
Developing and sharing your leadership vision