

carolyn  
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CAROLYN STERN

# EQ Expert, CEO, Trainer, Speaker, Author, & Professor

Carolyn Stern is the President and CEO of EI Experience—an executive leadership development and emotional intelligence training firm. She is a certified corporate trainer, professional speaker, award-winning author, and university professor.

“Carolyn motivates and inspires others... She brings her wealth of knowledge, real-life experiences and lessons to teach in a way that is unparalleled to others.”

**FARHAN MOHAMED, Co-founder & CEO**  
Overstory Media Group

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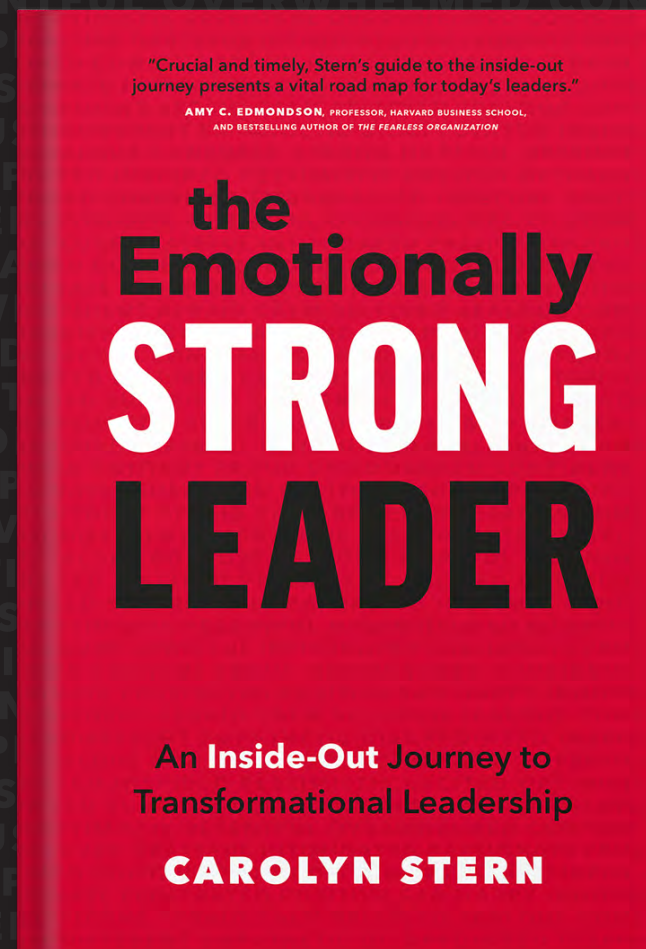
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# The Emotionally Strong Leader

The Emotionally Strong Leader offers those leading our workplaces, organizations, and institutions an opportunity to transform their leadership and their lives by learning to harness the power contained in recognizing and understanding their feelings.

For leaders, managing their emotions and leading with a strong mind and a kind heart while using a set of clear, simple, and tested skills and strategies will enable them to connect more authentically and communicate more effectively with their colleagues and teams.

This kind of connection and communication creates an environment of trust and belonging that will spur engagement, spike curiosity, and engender fraternity in the workplace.



"Crucial and timely, Stern's guide to the inside-out journey presents a vital road map for today's leaders."



A photograph of Carolyn Stern, a woman with dark hair, wearing a white turtleneck, a dark blazer, and a white skirt. She is standing in front of a large window with a view of a city skyline. She has her hand on her hip and is smiling.

# Keynotes

With a foundation in emotional intelligence, Carolyn's keynote presentations span a wide variety of business-boosting, leadership and professional development topics, all of which promise to educate and inspire her audiences to maximize their potential and achieve more.

## ♥ The Emotionally Strong Leader

At first glance, 'emotional' and 'strong' might appear contradictory when describing effective leaders. But embracing emotions is the key to elevating leadership. Learn to outsmart your feelings and emerge as an Emotionally Strong Leader. Don't let emotions hold you back; let them propel you forward.

## 🎁 The Gifts of Emotions

In the workplace, we've been wearing emotional straitjackets for far too long, masking our true feelings. We smile at our desks, yet silently suffer behind closed doors. Uncover the insightful gifts hidden within your full emotional spectrum, celebrating their wisdom and guiding your path forward.

## 🎓 Emotionally Intelligent Leaders are Teachers

Leaders, like teachers, must clarify tasks clearly and encourage learning through challenges. Vague directives lead to confusion and misalignment with expectations. And providing answers only creates a culture of dependence, stifling employee growth. Learn how to become an extraordinary teacher-leader for unstoppable team success.

## ⚡ Unleash Your Emotional SuperPower

Modern leadership demands a fresh approach to navigate our diverse, multigenerational, and virtual workforces effectively. Unleash your 15 emotional superheroes within, while redefining your leadership by enhancing your emotional intelligence. Skyrocket your superpower skills to boost productivity, employee engagement and team potential.

A photograph of Carolyn Stern, a woman with long dark hair, wearing a blue pinstriped blazer over a white top and a white skirt. She is smiling and looking towards the right. She is standing in front of a large window with a view of a city skyline. Her hands are near a laptop on a desk.

# Working with Carolyn

Carolyn takes time to dig deep, highly personalizes and customizes her presentations to meet your event's objectives and unique requirements. She focuses on your attendees' specific needs and leadership challenges, addressing the real issues they are experiencing in the workplace right now.

Together, you will discuss which specific leadership topics to address and messages to impart, developing the perfect balance for your group.

Each session can be delivered either virtually or in-person and includes an optional workbook or handout.

## Virtual Presentations

Online keynotes are delivered from our virtual training room in Vancouver, B.C., using your chosen remote learning platform.

Participants will work in breakout rooms, participate in polls, complete self-reflection exercises, engage in team discussions, and share ideas through the chat function.

## Live Presentations

For optimal engagement, it is ideal to have participants seated at tables of 4-6. Theatre-style seating is also effective. For live, in-person keynotes, Carolyn will need:

- A projector and screen
- Audio speakers
- Presentation remote
- Wireless microphone

# EXPERIENCE

EMBRACE EMOTIONS. **ELEVATE LEADERSHIP.**

Carolyn Stern is the President and CEO of EI Experience—an executive leadership development and emotional intelligence training firm known for developing exceptional leaders who, in turn, achieve outstanding results through unparalleled innovation, solid fiscal performance, and exceptional teamwork.

With programs adopted by top universities and highly regarded corporations across North America, EI Experience specializes in elevating leadership by embracing emotions and equipping managers with the essential soft skills to become more effective and empathetic leaders. Get ready for the delivery of an experience that your team will remember and an impact that stays with them well beyond the training session.

Learn more at [eiexperience.com](https://eiexperience.com)

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“In my 30+ year career, I have never experienced such profound insight into how and why I act and feel the way I do in the workplace.”

**TOM HOFFMAN**, Director of Operations  
Johnson Plastics



# About Carolyn

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Carolyn Stern is the President and CEO of EI Experience, a certified emotional intelligence and leadership development expert, professional speaker, award-winning author, and university professor.

Since launching her book, *The Emotionally Strong Leader: An Inside-Out Journey to Transformational Leadership*, Carolyn has quickly gained acclaim following her appearances on The Social, CTV Your Morning, Daytime Chicago, and Global TV.

Her book was awarded the Axiom Book Award for the Best Business Book in 2023 in the leadership category and the 2022 Foreword INDIES Book of the Year Award in the career category. She has also been featured in various media outlets across the globe, including Forbes, Fast Company, The European Business Review, The Globe and Mail, and Inc.com.

Carolyn's emotional intelligence courses and modules have been adopted by top universities, and she has trained over 35,000 business leaders across the continent in highly regarded corporations.



## Professional Memberships



## Certifications



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# Clients

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“Carolyn’s ability to recognize both emotional deficiencies and strengths in a group of “know it all” executives, and then to manage, direct and coach us to understand our team’s emotional strengths and to overcome our individual weaknesses is both awesome and unnerving.”

**JURGEN FRANKE**, Director, Engineering and Projects  
Neptune Terminals

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