

# Speaking Topics

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## Overview

As an educational psychologist, I am passionate about educating and empowering professionals to learn the skills they need to be successful – in their careers and in their personal lives! All of my sessions are grounded in psychological research and provide evidence-based strategies that educate, empower and inspire growth... And they are not boring lectures! I customize all of my engagements to the audience and include opportunities to meaningfully engage with me and one another. We might analyze case studies, practice some skills or create a plan to apply the skills to work and life experiences. I also provide hand-outs that reinforce the session content/concepts and provide additional resources for continued learning.

## Areas of Expertise

- Critical Thinking & Decision-Making
- Emotional intelligence
- Work-Life Balance
- Preventing/Overcoming Burnout
- Managing Stress
- Resilience
- Embracing Happiness
- Supporting Mental Health
- Career Development

## Selected List of Clients:

- Anthem Blue Cross Blue Shield
- Rockwell Automation
- Southern New Hampshire University
- Associated Bank
- Weil Gotschal Law Firm
- Verizon
- Motion Picture Industry – Costume Design Guild
- Project Management Institute – Rochester/LaCrosse Chapter
- MN Society for CPAs
- Commonwealth of Massachusetts
- State of Tennessee
- City of Shoreview
- Rally Health
- UBS

## Select Session Descriptions:

### How can Your Team use Critical Thinking to Make Better Decisions?

A lot goes into making decisions. On good days – when we have time and energy – we gather and evaluate information carefully, consider the options and make a decision. Yet too often, we neglect to recognize blind-spots, short-cuts and biases we all have. Add in miscommunication and limitations on our time and energy and we can end up making decisions we regret.

The good news: our decision-making process is not doomed! In this session I will coach you and your teams on how to ask better questions, critically analyze your information, inclusively involve others in the process and effectively evaluate the options to make stronger decisions. We'll also talk about how to avoid common thinking traps so you make the best decision possible. This session can include case studies and hands-on practice.

### **Learning Objectives:**

- Understand critical thinking's relevance to the decisions (both big and small) that we need to make every day.
- Describe the process of critical thinking and common pitfalls.
- Apply critical thinking strategies to analyze a case study.
- Develop a plan for building critical thinking into your current process.

### **Pursuing Happiness**

Life just keeps happening! Some days it can feel like too much. Some days it can feel like you just can't find that glimmer of hope, happiness or optimism shining from between the clouds... Do you need a lift?

In this session we'll talk about happiness – how to pursue and whether we should pursue it. We'll also discuss toxic positivity and learn strategies for cultivating hope, gratitude and happiness in your personal and professional life. You'll leave this session with ideas and a plan for infusing more positivity and fun into your work and play.

### **Learning Objectives:**

- Define happiness and the hazards of toxic positivity.
- Understand how hope and gratitude can help you feel better.
- Analyze strategies for increasing hope and gratitude that will work with your personality and/or organizational culture.
- Create a plan for infusing more positivity and fun into your work and play.

### **Embracing & Supporting Mental Health**

Are you ready for a fresh take on mental health awareness? Since COVID we've learned to recognize the signs and symptoms of mental health issues and we may have even learned some strategies for talking to coworkers and friends about their mental health. But how do we actually take care of our own mental health? How do we pull ourselves together, day after day, and continue to move forward in a world that just feels, well, awful?

In this session we'll talk about mental health – what researchers know about it and how we can take care of ourselves – especially on the days when it just feels like too much. You'll leave this session with a plan for taking better care of yourself.

### **Learning Objectives:**

- Define mental health.
- Understand what researchers know about mental health and what “strong” mental health means.
- Analyze strategies for taking care of your own mental health.
- Create a plan for taking care of yourself.

### **Emotional Agility: Learn how to Ride the Feeling Waves!**

Emotional agility embraces all emotions as rich and valuable data. When we accept and explore our emotions with curiosity and compassion, we begin to recognize our thought and behavior patterns and make more effective decisions based on our values. We can ask for an accept feedback, navigate conflicts and make better decisions when we feel nervous, anxious or even excited. Learning how to ride the waves of our feelings can get us all on the path to success!

### **Learning Objectives:**

- Recognize the role that emotions play in your behaviors and decision-making.
- Understand what it means to be emotionally agile.
- Harness the power of emotional agility to gain insight into your thoughts and actions.
- Create a plan to begin infusing emotional agility into your work and life.

### **Boundaries! How to Improve Work-Life Integration and Productivity**

Americans are stressed – ending their day emotional exhausted, unmotivated and unproductive\*. We work during the work day and then find ourselves checking email on our phones, taking our laptops with us on vacation and using the wonders of technology to be available all the time. But just because we can do this... should we?

In this session we'll explore how establishing healthy boundaries can be protective and powerful. Protective of our time, our energy and our focus. Powerful in aligning our values with our work and lives. Participants will walk away with a plan to set and maintain boundaries so they can be more productive and energized.

### **Learning Objectives:**

- Understand how boundaries can be protective and powerful.
- Recognize how boundaries, or a lack thereof, impact our work-life integration, our energy, our focus and our productivity.
- Create a plan to establish and practice setting boundaries.

\*2022 The State of Mental Health in the Workplace, Mental Health America

## Tools for Managing Stress

In 2022, 27% of Americans reported feeling so stressed they could not function and 3 in 4 Americans described recently experiencing at least one health-related symptom of stress, such as headaches, fatigue or sadness\*. Stress is real and it comes at us from so many different angles. Often we recognize the causes of stress and we know what we need to do... But why don't we do it?

How can you actually put stress-management tools into practice? In this session I will share strategies that can help you manage stress by creating healthy habits and boundaries. Then, we'll make a plan to move those strategies into reality so you can go beyond surviving to thriving!

### Learning Objectives:

- Assess your own personal causes of stress and how it impacts your well-being.
- Analyze strategies that can help you manage stress and be more resilient.
- Create a plan for building healthy stress-management habits into your daily life.

\*2022 Stress in America Survey, American Psychological Association

## Get it Done! How to Boost your Productivity

Managing our time effectively is one of the biggest challenges that we face. Building time management and productivity skills can be elusive and ever-changing as we move within an organization and change roles, and as organizations change and grow and as our personal lives change and evolve as well. How can we be most effective?

In this session I'll share "productivity hacks" to help you manage your responsibilities, schedule your time, manage interruptions and get your work done. By investing just a few minutes to get organized and schedule in your work, you'll feel more able to focus. With a few suggestions on how to use that focus, you'll be even more productive!

### Learning Objectives:

- Understand barriers to time management, including procrastination and perfectionism.
- Understand how rituals can support productivity.
- Analyze strategies for managing time, setting priorities and managing perfectionism and procrastination.
- Create a plan for overcoming obstacles to productivity.

## **Striking the Right Chord with Work-Life Harmony**

If you were to imagine your work and life as music – what kind of music would that be? How would your work-life music sound? There are times when we feel like our work and personal lives are in harmony and we're striking the right notes at the right time. Yet we also have those days when it feels like the music is off-key, the notes are wrong or we're not keeping the beat. So how can we more consistently strike the right chord?

In this “choose your own adventure” style session we will begin by defining what work and life harmony means to you, as it looks and sounds different for each of us. Then you'll choose what we focus on next: stress management techniques, emotional agility or time management and productivity skills. You will leave this session with greater confidence that you can achieve the right work-life harmony for you, along with a plan for making change.

### **Learning Objectives:**

- Define what work-life harmony means to you.
- Analyze your values and how your current work and life align with your values.
- Examine your current stress management techniques and how you can manage your stress more effectively.
- Examine your emotional agility and how you can “ride the feeling waves” to feel greater harmony.
- Examine strategies for managing your time more effectively and boost your productivity.

## **Career Development for Early- and Mid-Career Professionals**

“What do you want to be when you grow up?” is not just a question for kids! This question is beneficial for everyone to answer on a regular basis as we move through our lives and our careers. This session can be tailored to address any of the following topics:

- How to continue to explore, develop, and make decisions to advance in your career.
- How to make a career transition if you want to leave one field and move into another.
- How to network and find a mentor effectively - without feeling cringe-y
- Key skills for the workplace, like: developing resilience, handling difficult moments at work, asking for and receiving feedback, managing priorities and finding a mentor.

You'll leave this session with a realistic plan exploring, setting and achieving your career goals.