

COMMUNICATE POWERFULLY, CONNECT CONFIDENTLY,  
AND COLLABORATE BOLDLY



## About Shana Gold

Speaker and Facilitator

**Shana helps professional women to eliminate communication blocks and lead with clarity, confidence, and connection in every context.** She believes with the right support and skills (including her **EPIC Methodology**: Expert Feedback, Performance Training, Inner Insight, Crafting Impactful Content), everyone can perform with presence, power, and engagement (even introverts).

Shana Gold (ICF-ACC) has spent 20 years helping professionals to **speak masterfully** and uses her theatre experience (MFA-CUNY), time at companies like **Dell, Motorola, Centria, and 3M**, and certification in Positive Intelligence to help guide clients to be **dynamic leaders** (and teams) **who can create engagement** from the boardroom to the big rooms (and everything in between).

### Past Engagements Include:

- Startup Junkie
- Walton College of Business, MBA and Executive Ed
- WIT: Women In Technology Conference
- The Center for Innovation
- Delta Leadership Alliance
- Endeavor-Heartland
- NWA Women In Medicine
- NextUp, Network of Executive Women

### Workshop/Talk Titles:

All of the below topics can be adapted to your company's unique needs:

- **Find Your Voice and Step Into Your Power: How To Cultivate True Confidence and Authentic Presence From The Inside Out (and the outside in)**- Learn to command a room with grounded, authentic presence and be your own best advocate.
- **From Burnout to Balance: Setting Boundaries Like A Boss**- Learn techniques for using grounded confidence to reclaim your time, articulate your priorities, and pursue your goals (without all the stress).
- **Radical Resilience: Train your Brain, Body, and Nervous System for Happiness**- Simple yet transformational mental fitness and neuroscience tools to find ease and flow in your mind, body, and spirit (even when you're really overwhelmed).
- **All Day Energy: How to Get Clear, Get Joyful and Get a Lot More Done**- Learn techniques to break free from the cycle of exhaustion and overwhelm, unleash focused action, and feel present (even when you're really busy).

To invite Shana to speak at  
your event contact her at:



[www.shanagoldcoaching.com](http://www.shanagoldcoaching.com)



[shana@shanagoldcoaching.com](mailto:shana@shanagoldcoaching.com)

# Kind Words:

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Shana is a warm and encouraging facilitator who masterfully guides participation that sparks creativity and raises morale. **All our employees were highly engaged and sent extremely positive feedback.**

**Katy Nelson-Ginder,**

National Director of Philanthropy, University of Arkansas-Fayetteville

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Thanks to your **incredible presentation, I've been developing my voice and presence.** I really needed the support and enlightenment!

**Maggie Adams,**

Client Development Director,  
Precision Systems

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I can't thank you enough for today's excellent presentation. The content resonated so well with me-I will remind myself daily that it's not about perfection, **it's about presence and embracing my unique path toward excellence.**

**Rhonda Hanson,**

Program Manager-Cybersecurity,  
Walmart Global

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**Public speaking used to be my biggest struggle, and now I confidently speak in front of hundreds of people.** I can't thank you enough for the excellent workshop and coaching. You helped me find confidence in myself, and gave me the tools to confront my fears .

**Tiffani Isaac,**

Senior Analyst, Walmart Global

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Shana's powerful workshop and coaching gave us a renewed sense of purpose and clarity. She helped us step into our power in a balanced, empathetic way and enabled us to explore **new ways of collaborating and healthy approaches to navigating hard conversations.**

**Hillary Laney,**

COO, Centria Health

## More Kind Words:

I am beyond grateful for the transformative experience that Shana has provided. Through Shana's group coaching program, I have been able to focus on my family and work, becoming the mom and professional I strive to be. The tools and techniques she shared have allowed me to **better communicate with my collaborators and achieve my goals. Shana creates a safe and non-judgmental space for exploration and growth— I highly recommend her program to anyone looking to create peace, positivity, and empowerment in their life.**

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**Sarah Lewis,**

CEO, Edgewater Consulting

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**Timothy Yeager,**

Chief Clinical Officer,  
Centria Health

I hired Shana to help me prepare for a presentation, and I became a **better leader as a result. She coached me from feeling like I was going to fail—to by far the best presentation I've ever given.** After just 3 sessions with Shana my team and colleagues acknowledged they thought that I **was more present, positive, and engaged** during our one on ones and in department meetings. I continue to work with Shana regularly and **recommend her work to anyone looking to level up and create a positive impact.**

**I can't recommend Shana's coaching enough!** It's truly been an incredible experience for me. **I've learned to lead with empathy and curiosity that energizes me instead of drains me. Thanks to our work, I've made progress towards my goals without relying on old patterns. Shana is a grounded and inspiring leader and coach who models the principles she teaches.**

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**Tami Dixon,**

CEO, Bricolage

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**Katherine Lopez,**

CEO, Terra Metta Sustainable  
Fashion

**I feel such joy and confidence from my work with Shana.** With Shana's support, I'm completing tasks in a way that bolsters my faith in what's possible and what I can accomplish. I've been amazed by the opportunities that have seemed to magically come my way since I started this work.

## More Kind Words:

Shana specializes in communications coaching, but she was also my personal executive coach for a year. She is amazing at **helping people visualize their goals, how to articulate them, and how to get there.** I had a fantastic experience with her.

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**Smita Sarma,**

Director of Commercial Strategy, Bayer HealthCare

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**Sarah Marsh,**

Former City Councilperson  
& Senior Agent, Remax

**Working with Shana has been a life-changing and affirming experience for me. When I came to her, I was completely burnt out and overwhelmed. The skills and practices I've learned have reduced my anxiety by about 75%. Using her coaching techniques, I've shifted my mindset from fear to possibility, and celebrated my successes along the way. With each day, I'm raising my frequency and approaching life with more power, confidence, and positivity.** With Shana's guidance, I've come a long way in a short time, and I'm moving steadily towards my big goals.

**Shana is a gifted coach who knows exactly how to empower you to embrace your life as it is, celebrate your successes, while also cultivating positive change in your life.** Shana's guidance helped me re-imagine what I was capable of and access the support I needed to accomplish it. I can't recommend Shana enough-- working with her has truly improved my life and career.

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**Cathy Hartenstein,**

Client Relations, E-Therapy

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**Juliana Duque,**

Managing Director,  
THE PiXL GANG

What's so valuable about Shana's coaching is that she looks into the root cause rather than just giving pointers on how to correct communication details or improve performance. She works from within to address what gets in the way of the best performance. **The tools she gave me have helped me deeply not only professionally but also at a personal level.**