



# DRIVING PEAK EXECUTIVE PERFORMANCE THROUGH PASSION AND PURPOSE

## GAIL GOLDEN, MBA, PH.D

- > Principal and Founder of Gail Golden Consulting
- > Dual-credentialed with a PhD in Psychology and an MBA
- > Author of *Curating Your Life: The End of the Work-Life Balance Struggle*

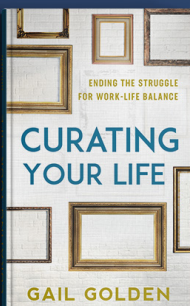
## SPEAKING TOPICS

- > *Gail's newest keynote: Curating Your Life: Ending the Struggle for Work-Life Balance*
- > Building the Innovation Muscle
- > The Third Dimension of Leadership Intelligence
- > Custom keynotes and workshops available upon request

## CATEGORIES

Business | Leadership & Achievement | Women in Leadership | Workplace Culture & Performance | Health, Happiness, & Wellness | Decision-Making

## ASK ABOUT BOOKS FOR ATTENDEES!



Gail Golden knows that what stands between most people and peak performance is the ability to make a series of well-timed choices. Our desire to “have it all” has us running in every direction at once. By slowing down long enough to “curate our lives,” we can redirect our energy and excel at the things that matter most.

As the founder of Gail Golden Consulting — an international network of senior management psychologists and consultants — Gail, along with her team, has helped executives put life curation into practice for more than 10 years, driving meaningful improvement in both their performance and their happiness.

Gail has extensive experience as a public speaker and is the author of *Curating Your Life: The End of the Work-Life Balance Struggle* (April 2020). Learn more at [www.gailgoldenconsulting.com](http://www.gailgoldenconsulting.com).

## AUDIENCES

- > C-suite executives and senior business leaders who seek to maximize performance for themselves and their organizations
- > Individuals who want to increase their own level of performance and their life satisfaction

## AS SEEN IN



## WHAT PEOPLE ARE SAYING

“Through sage, sometimes counterintuitive counsel, Golden shows us that curation is the cure for much of what ails us.”

—Tom Yorton, Founder of Shyne Advisors, LLC, Former CEO Second City Works, and Co-Author, “Yes, And”

“Simply put, Gail’s approach works. I have seen first-hand how it optimizes performance and enhances lives.”

—Terri Friel, Former Dean of Heller College of Business, Roosevelt University, Professor of Supply Chain Management, Capella University, USAT and Ironman Coach

“Thank you, Gail, from the bottom of my heart for opening up this world that always seemed beyond my reach.”

—Attendee at Gail’s keynote address at The Society of Women Engineers

Contact Gail at [www.gailgoldenconsulting.com/contact](http://www.gailgoldenconsulting.com/contact)