



drfranny.com

DELICATE STRENGTH

Professional Development & Leadership
Training. Transforming adversity into
resilience, leadership, and purpose.

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website:



DELICATE STRENGTH[®]

A Framework for Resilient Leadership, Purpose & Well-Being





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Signature Keynote Experience



DELICATE STRENGTH: Transforming Adversity Into Resilient Leadership. Every organization faces change, challenge, and uncertainty. The difference between surviving and thriving is how people respond under pressure.

This keynote equips participants with practical tools to strengthen resilience, improve mindset, and lead with clarity during difficult seasons.

Participants will leave with practical resilience strategies, improved emotional awareness, stronger communication, and renewed motivation.



Professional Development Programs



Building Resilient Teams

Helps teams strengthen trust, adaptability, and collaboration in high-stress environments.

Format: Workshop



Preventing Burnout

A proactive approach to emotional wellness and sustainable performance.

Format: Training



Leading Through Adversity

Leadership development for managers, supervisors, and emerging leaders.

Format: Seminar





Industries Served



Healthcare & Education

Tailored programs for medical professionals and academic staff facing high burnout.

Focus: Resilience Custom



Government & Nonprofits

Supporting agencies and organizations dedicated to public service.

Focus: Service Custom



Corporate & Associations

Enhancing leadership capacity and team culture in the private sector.

Focus: Leadership Custom





Delivery Formats



Keynote Presentations

Engaging sessions ranging from 45 to 90 minutes for conferences and events.

Option: In-person Flexible



Workshops & Retreats

Half-day or full-day intensive trainings for teams and leadership groups.

Option: Hybrid Flexible



Virtual Programs

Interactive live training experiences designed for remote and hybrid teams.

Option: Online Flexible



Book Integration Experience



Bulk Books for Participants

Every program can include the 'Delicate Strength' book as a foundational resource.

Resource: Book

Included

Guided Reflection

Leadership application exercises and reflection questions based on the book.

Resource: Guide

Included

Reinforcement Tools

Discussion guides and post-training tools to ensure long-term resilience.

Resource: Tools

Included


A Partner in Organizational Growth




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Dr. Franny partners with organizations to create meaningful learning experiences that strengthen people, improve culture, and build long-term resilience. Let's work together to transform your team.

Booking Information

 drfranny.com

 623-341-4862

 Available Nationwide & Virtually