

Speaker Profile for Claire Pickens

Claire is a dynamic speaker and expert in entrepreneurialism, performance management, and the essential technical skills required to craft a compelling business plan. With an Executive MBA emphasizing Organizational Leadership, she brings a wealth of knowledge and experience to her presentations. Claire holds several certifications, including CVPM (Certified Veterinary Practice Manager), SHRM-CP (Society for Human Resource Management - Certified Professional), and CSSGB (Certified Six Sigma Green Belt). Since 2015, she has captivated audiences across the United States as a keynote speaker, classroom instructor, and workshop facilitator, delivering impactful sessions that inspire and educate. As a seasoned business owner and former Director of Learning & Development and Senior Director of Operations, Claire combines practical insights with academic rigor, making her a sought-after voice in the field. Her passion for empowering others shines through in her work as an author and mentor, guiding individuals and teams to achieve their highest potential.

Course Title: Unleashing Kindness

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Course Description:

This course, "Unleashing Kindness," explores the transformative power of kindness within professional environments. Participants will learn practical strategies to cultivate a culture of empathy and collaboration, enhancing both team dynamics and client relationships. By examining the long-term benefits of kindness, students will be equipped to implement initiatives that foster emotional well-being and drive organizational success.

Course Length: 1 Hour

Course Format Options

- Keynote
- Classroom Session
- Webinar

Learning Objectives

1. **Understand the Role of Kindness in Professional and Personal Environments**
Learners will explore how intentional acts of kindness can positively impact workplace culture, client relationships, and team dynamics, fostering a more collaborative and empathetic environment.
2. **Identify Strategies to Cultivate Kindness in Leadership and Management**
Participants will learn actionable techniques to integrate kindness into leadership practices, including performance management, conflict resolution, and team motivation.
3. **Analyze the Connection Between Kindness and Emotional Well-Being**
Learners will examine the psychological and physiological benefits of kindness, such as its ability to reduce stress, improve mental health, and enhance overall workplace satisfaction.
4. **Develop Practical Skills to Implement Kindness Initiatives**
Students will gain the tools to design and execute kindness-focused initiatives, such as team-building activities, client appreciation programs, and community outreach efforts, tailored to their specific organizational needs.
5. **Reflect on the Long-Term Impact of Kindness on Organizational Success**
Participants will evaluate case studies and real-world examples to understand how fostering a culture of kindness can lead to improved employee retention, customer loyalty, and overall organizational growth.