

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: Got Crabs?

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Course Description:

In this insightful course, participants will delve into the concept of "crab mentality" and its detrimental effects on personal and professional relationships. Through engaging discussions and practical exercises, students will learn to recognize and address behaviors that undermine success, fostering a culture of support and collaboration. By the end of the course, learners will be equipped with strategies to promote positive interactions and uplift their peers, enhancing overall team dynamics and individual growth.

Course Length: 1 Hour

Course Format Options

- Keynote
- Classroom Session
- Webinar

Learning Objectives

1. Understand the Concept of "Crab Mentality": Learners will be able to define "crab mentality" and recognize how it manifests in personal and professional environments, impacting individual growth and success.
2. Identify Negative Influences: Students will learn to identify the various forms of negative influences or detractors in their lives, understanding how these can hinder their progress and aspirations.
3. Develop Resilience Strategies: Participants will explore and develop strategies for building resilience, enabling them to overcome challenges posed by external negativity and maintain focus on their goals.
4. Cultivate a Growth Mindset: Learners will be encouraged to adopt a growth mindset, fostering an attitude of perseverance and determination in the face of adversity, and understanding the importance of self-belief.
5. Apply Motivational Techniques: Students will practice applying motivational techniques and positive affirmations in their daily lives to counteract the effects of "crabs" and promote personal and professional development.