



## BRENDA DIETZMAN

Classes – Workshops - Keynotes

### CONTACT

[info@brendadietzman.com](mailto:info@brendadietzman.com)

316.304.6244

[brendadietzman.com](http://brendadietzman.com)



## Harnessing the Power of Generations: Working Better, Together

Generations

Dive into the dynamic world of generational strengths and differences in the workplace with this compelling workshop! As Gen Zers embark on their careers, Millennials step into leadership roles, and Baby Boomers and Gen Xers continue to offer invaluable experience and stability, it's crucial to understand and leverage the unique strengths each generation brings to our organizations.

In this refreshing and insightful workshop, we'll explore the positive characteristics of all generations and how to effectively utilize their unique skill sets. We'll delve into how different generational upbringing has shaped them into the employees they are today. By examining research-based studies, we'll uncover strategies to recruit, retain, motivate, and develop these individuals into the leaders we need now and in the future.

This workshop promises engaging discussions, practical insights, and actionable strategies to help you harness the power of the different generations and drive success in your organization.

Length: 1/1.5/2/4/8/16/32 hours (Longer times includes recruiting & retention information)

## Wellness Redefined: Mastering Resilience for Personal and Professional Growth

*Tactical Strategies for Mental, Emotional, and Physical Resilience So You Can Thrive Through Life*

Are you ready to elevate your resilience and enhance your personal wellness? Join us for an empowering session designed to equip you with the tools and strategies to strengthen your mental, emotional, and physical well-being.

**Why Attend?** In our fast-paced world, we often face numerous challenges that can take a toll on our overall well-being. Rather than relying solely on our current level of resilience, this session will teach you how to actively develop it, making you stronger and more capable of handling life's adversities with grace and confidence.

### What You'll Learn:

Wellness/Resilience

- **Pre-Traumatic Growth:** Discover how to cultivate specific resources and tools that enhance resilience before adversity strikes.
- **In-the-Moment Coping:** Learn how to intentionally use these tools during tough times to effectively manage and mitigate stress.
- **Post-Traumatic Growth:** Explore the steps necessary for post-traumatic growth, ensuring that trauma makes you healthier, wiser, and more resilient.
- **Thriving Through Life:** Develop strategies that not only help you survive but thrive, enabling you to live a great story filled with purpose and positivity.

Don't miss this opportunity to transform your approach to wellness and resilience. Equip yourself with the skills to navigate life's challenges with strength and grace, ensuring a healthier, more fulfilling life. Whether you're looking to enhance your personal resilience or foster a resilient mindset within your team, this session will provide you with the insights and tools to thrive together.

Length: 1/1.5/2/4/8/16 hours

## Empowering Women in the Workplace

### *Evidenced-Based Insight and Solutions for Recruiting, Retaining & Promoting Women*

#### Women's Leadership

Discover the insights gained from research studies and personal experiences that highlight unconscious actions and beliefs that can hold individuals back in the workplace. This session will delve into:

- Uncovering and addressing unconscious shortcuts
- Understanding the impact of imposter syndrome on professional growth
- Practical strategies for overcoming feelings of inadequacy and self-doubt
- Techniques for managing the inner critic and boosting self-confidence
- Enhancing speech and body language to positively influence perception

Additionally, we will tackle important topics such as family planning, relationship dynamics, perfectionism, and the value of mentoring. By fostering a supportive environment, we can better support everyone in our organizations and lives. Participants will gain a deeper understanding of the hidden challenges and actionable strategies to overcome them. Supervisors will leave with practical steps to develop their co-workers and create a more successful, diverse workforce. Join us in this evidence-based course to equip yourself and your organization with the tools needed for a more inclusive and empowering workplace.

Length: 1/1.5/2/4/8/16/32 hours

## Enhancing Emotional Intelligence: A Key to Successful Leadership

#### Emotional Intelligence

In today's demanding workplace, emotional intelligence (EQ) is considered one of the most crucial skills. EQ not only benefits your professional and personal life but also deepens your self-awareness.

For those helping professions, a high level of emotional intelligence is particularly vital. Emotional intelligence is also a cornerstone of resilience. Without it, employees might ignore, escape from, or numb their emotions, leading to long-term medical and mental health issues, as well as problems both at work and home.

In this evidence-based session, participants will:

- Understand the nature of emotions and how to identify them
- Learn strategies for managing and harnessing emotions effectively
- Explore the impact of emotional intelligence on professional success

By working through Daniel Goleman's Five Components of Emotional Intelligence, we will build and utilize EQ skills to foster better relationships and interactions. Participants will leave with tools to effectively understand and navigate the emotions of themselves and others, enhancing their interactions and resilience.

Length: 1/1.5/2/3 hours

## Testimonial \_\_\_\_\_

*"I'm in my 28th year and training like she provided just really gets me "fired up" to be an even better leader."*

## Creating Sustainable Change: From Mindset to Action

How do we change our world, our community, our workplace, or even ourselves? Organizations and communities don't change on their own—people do. To foster sustainable change, we must first understand how the human mind perceives and adapts to change.

### Change Management

In this transformative and evidence-based session, participants will:

- Discover how the mind interprets and addresses change
- Learn strategies to overcome resistance to change
- Examine the step-by-step process of implementing change
- Understand the importance of measurement and planning

By exploring evidence-based research, you will gain new knowledge, practical tools, and leave with a blueprint to make change less intimidating and more successful. Join us to master the art of change and create positive, lasting impacts in your life and work.

Length: 1/1.5/2/4 hours

## Mastering Conflict Resolution: Science-Backed Strategies for Success

In the realm of public service, effective conflict resolution is crucial. While personal trial and error may yield some success, understanding the underlying science of conflict can significantly enhance our ability to navigate and resolve disputes.

### Conflict Resolution

This evidence-based session explores the fundamentals of conflict resolution, providing participants with:

- Insight into the psychology and dynamics of conflict
- Proven techniques for addressing and mitigating various types of conflicts
- Practical strategies for adapting to different conflict scenarios
- Tools to achieve successful outcomes in challenging situations

By delving into the core principles and scientifically backed methods of conflict resolution, you'll gain actionable knowledge to handle conflicts more efficiently and effectively. Join us to master the art of resolving disputes and achieving lasting, positive results.

Length: 1/1.5/2/4 hours

## Testimonial \_\_\_\_\_

*“Brenda is amazing and has a wealth of knowledge, and really touched on things and shed light onto topics some might not think about right away when they think about leadership.”*

## Motivation Unlocked: Setting Up Yourself Up for Success

Wouldn't it be nice to get up, take a pill, and be motivated to be your best self every day? Well, that pill doesn't exist in the pharmacy, but it does in your mind, environment, and habits. The trick is to find what works for you.

In this session, we will discuss:

Motivation

- Finding and fulfilling your why
- Setting your environment up for success
- Developing small, incremental changes that add up to big results
- Habit stacking
- The value of learning to trust yourself

With this information, you will learn what motivates you and how to use that to make the changes you need for a more fulfilling life!

Length: 1/1.5/2 hours

## Efficient Leadership: Mastering Business Essentials to Save Time

How many times have you sat through a meeting and thought, "This should've been an email?" When we take on leadership roles, it's common to mimic what we've seen done in the past. However, learning efficient ways to handle the business side of our jobs allows us to focus on what truly matters and saves time for everyone.

How to Run a Meeting & More

In this evidence-based session, participants will learn how to:

- **Lead meetings** effectively to maximize productivity
- **Manage to-do lists** and prioritize tasks efficiently
- **Improve time management** skills for better outcomes
- **Tame inboxes** to reduce clutter and increase response time
- Utilize **time multipliers** to make the most of available resources
- **Lead projects** with clarity and direction
- **Delegate** tasks to empower team members
- Conduct **process reviews** to continually improve workflows

Join us to discover in-depth knowledge and practical tools essential for any leader. By mastering these business essentials, you'll save time and enhance your ability to lead others effectively.

Length: 1/1.5/2/3/4 hours

## Testimonial \_\_\_\_\_

*"I am a fan of her compassionate and passionate webinars! I just wanted to let her know she is changing lives – she's making an impact all the way to the Philippines. Her style of teaching really resonates with me."*

## Mastering the Transition to Retirement: A Comprehensive Blueprint

Retirement marks the culmination of a rewarding career and the beginning of an exciting new chapter. However, this transition can also present a series of challenges and uncertainties. After decades of structured routines and responsibilities, the sudden change can be daunting.

In this evidence-based course, participants will delve into key areas crucial for a fulfilling retirement. We'll examine:

Retirement

- **Purpose:** Identifying and pursuing new goals and passions.
- **Personal finances:** Strategies for managing and optimizing retirement savings.
- **Relationships:** Navigating changes in social dynamics and building strong support networks.
- **Health:** Maintaining physical, emotional, social, and spiritual well-being.

Through interactive sessions and practical exercises, you'll gain actionable insights and develop a personalized blueprint for a smooth transition before, during, and after retirement. Join us to ensure your retirement is not only enjoyable but deeply rewarding and purposeful.

Length: 1/1.5/2/4/8 hours

## Charting Your Path: Personal Branding for Career Growth

Discover your unique brand and chart your career path with intention and purpose. This engaging class is designed to help you understand and leverage your personal brand to navigate your career journey. We'll explore how optimism, education, purpose, legacy building, flexibility, and networking are essential tools for career growth, and how to effectively develop and use them.

### What You'll Learn:

Personal Branding

- **Discover Your Unique Brand:** Identify your strengths, values, and passions to craft a personal brand that reflects who you are and what you stand for.
- **Purposeful Impact:** Learn strategies to make a meaningful impact in your organization and beyond, ensuring your efforts contribute to a lasting legacy.
- **Growth Tools:** Understand the importance of optimism, continuous education, flexibility, and networking in supporting your career growth, and learn how to integrate these elements into your professional life.

Through interactive sessions and actionable insights, you'll learn how to harness the strength of your personal brand to navigate your career journey towards that proverbial destination. Join us to redefine your path and achieve your professional goals with renewed clarity and purpose.

Length: 1/1.5/2 hours – pairs with Career Mapping class

## Testimonial \_\_\_\_\_

*"This was one of the best trainings I have ever attended. Great speaker!"*

## **Strategic Career Mapping: Navigating Your Professional Journey**

Navigating your career can sometimes feel like journeying through uncharted territory. This transformative workshop is designed to demystify the process and help you chart a clear, strategic path towards your professional aspirations.

In this engaging and practical session, you'll learn to:

Career Mapping

- **Assess Your Starting Point:** Reflect on your current skills, experiences, and passions to create a comprehensive personal inventory.
- **Set Your Destination:** Define your long-term career goals and identify the steps necessary to achieve them.
- **Plot Your Path:** Develop a detailed career roadmap that includes key milestones, actionable plans, and timelines.
- **Identify Potential Roadblocks:** Recognize potential obstacles and devise strategies to overcome them.
- **Adapt and Recalculate:** Learn to stay flexible and adjust your course when life throws you a curveball.

Whether you're just beginning your career or looking to make a bold move to the next level, this workshop will equip you with the tools and confidence to pursue your dream career with clarity and purpose.

Join us and take the first step towards a fulfilling and successful career!

Length: 1/1.5/2 hours – Pairs with Personal Branding class

## **Leadership Lessons from the Field: Tools & Strategies for Effective Leadership**

Becoming an effective leader is a journey that involves both time and challenges. Throughout my 28-year career in a helping profession, I have witnessed tremendous wins and equally significant failures in leadership—both of which offer valuable lessons. By maintaining a journal, I documented the tough lessons learned and the successful strategies that worked.

Leadership

In this highly engaging session, I will share:

- Proven tools and techniques to enhance leadership skills
- Practical tips and tricks for efficient and effective management
- Real-life examples and stories from the field to illustrate key concepts
- Actionable ideas that participants can implement immediately

Join us for a session packed with insights and practical knowledge, designed to help you become a better leader today. Gain the confidence and skills to lead with efficiency and effectiveness, turning both successes and failures into steppingstones for growth.

Length: 1/1.5/2/4 hours

## Leadership Reset: Leading Yourself to Better Lead Others

Throughout our careers and lives, we often seek to make impactful changes. While New Year's resolutions and ambitious goals sound enticing, they often require perfect conditions to succeed and can become unsustainable over time.

This evidence-based presentation focuses on achieving meaningful, long-lasting change without the need for drastic overhauls. Participants will discover effective strategies by:

Leadership

- Understanding and setting personal boundaries
- Cultivating curiosity and exploring new ideas
- Delving into emotional insights for self-improvement
- Creating mindfulness triggers to stay present
- Living with intention and aligning daily actions with long-term goals

Join us to learn how to **Live a Great Story** by identifying what you want to learn, experience, accomplish, and feel. This presentation provides actionable steps and practical knowledge to help you create a life story that is not only meaningful but also sustainable.

Length: 1/1.5/2 hours

## Discovering Your True North: Navigating Your Life and Career with Purpose

Have you ever felt like you've just stumbled your way through life and ended up where you are by chance? In reality, there's a rationale behind our intentions, decisions, and actions. But what are we truly trying to accomplish in both our careers and lives?

This enlightening session delves into the concept of finding your True North—the guiding principle that keeps you aligned with your purpose and goals. Participants will:

Leadership

- Uncover the science of intentional decision-making
- Explore techniques to clarify and articulate their True North
- Gain practical strategies to stay on their path amidst life's challenges
- Learn to align daily actions and long-term aspirations with their core values

Join us to navigate your journey with confidence, ensuring that every step you take brings you closer to your true purpose and desired achievements.

Length: 1/1.5/2

## Testimonial \_\_\_\_\_

*"Conversant Speaker, Clever Motivator, Energetic, Fun...Just a few of the words I'd use to describe her!! Thank you so much for an informing and entertaining hour."*



## Managing Your Inner Critic

Leadership

Do you ever feel held back by a relentless inner voice that questions your every move, undermining your confidence, and decision-making, especially in high-pressure situations? This session delves into the origins of self-doubt and negative self-talk, exploring its impact on your performance and resilience. You'll also be introduced to evidence-based strategies designed to foster self-compassion and build lasting confidence.

Join us to uncover the roots of your inner critic and learn practical tools to deal with it, ultimately empowering you to reach your goals with confidence and resilience.

Length: 1/1.5/2

---

## Workshops

### Authentic Leadership Laboratory

Authentic leadership requires bravery, and while it can be challenging, it is deeply rewarding. It takes a unique and caring individual to commit to continuous skill development and to be the leader needed in today's world.

In this evidence-based course, you'll discover the lessons I've learned throughout my career, combined with the wisdom of many others. The course is designed to help you develop the skills necessary to lead in a more intentional and forward-thinking way through engaging content, exercises, and stories.

Key topics covered include:

Leadership

- **Leadership Foundations:** Building a solid base of principles and practices
- **Personal Branding:** Defining and promoting your unique leadership brand
- **Resilience:** Strengthening emotional and mental fortitude
- **Leadership Skills:** Enhancing your ability to inspire and guide others
- **Management Competencies:** Mastering essential management techniques
- **Leading Your Team:** Fostering teamwork and collaboration
- **Personal Leadership Journey:** Reflecting on and shaping your leadership path
- **Leadership Hacks:** Practical tips and tricks for effective leadership

Join us to gain actionable insights and develop the skills needed to become an intentional, forward-thinking leader. This workshop offers a comprehensive roadmap to help you navigate your personal leadership journey with confidence and purpose.

Length: 1 to 3 days

*This workshop will be adapted to the needs of your organization.*

### Testimonial ---

*"Brenda's tone is calming yet engaging. I could listen to her all day!"*

## Recruiting, Hiring, Training, and Retaining Top Performers

### *Navigating Generational Dynamics in Today's Workforce*

In today's workplace, understanding and leveraging generational strengths and differences is key to success. As Gen Zers embark on their careers, Millennials step into leadership roles, and Baby Boomers and Gen Xers continue to offer invaluable experience and stability—it's crucial to harness the unique strengths each generation brings to our organizations.

In this dynamic and insightful workshop, we will explore:

- **Recruitment Strategies:** Tailoring your approach to attract top talent from each generation.
- **Effective Hiring Practices:** Focusing on efficient and effective hiring processes that keep people in the process.
- **Training and Development:** Designing programs that cater to the learning preferences and strengths of each generation.
- **Retention Techniques:** Creating an environment that keeps employees engaged and motivated. Through research-based studies, practical insights, and actionable strategies, you will gain insights on how to retain your most valuable assets, your employees.

Recruiting & Retention

This workshop will also include:

- **Engaging Discussions:** Foster conversations about generational diversity and its impact on your organization.
- **Hands-On Activities:** Practical exercises to develop strategies tailored for multi-generational teams.
- **Actionable Tips:** Proven techniques to enhance recruitment, hiring, training, and retention practices. You WILL leave with several.

Join us to uncover the positive characteristics of all generations and learn how to effectively utilize their unique skill sets. By the end of this workshop, you'll have a toolkit of practical strategies and a written plan to recruit, hire, train and retain your employees more effectively.

1 to 3 days

*This workshop will be adapted to the needs of your organization.*

### Testimonial \_\_\_\_\_

*"This is the best trainer and this is the information that we all need to have, especially those of us who have been in the business for 20 plus years....it is always refreshing and I feel renewed after hearing her speak!"*

## Keynotes

---

### The LEAF Concept: Cultivating Growth and Fulfillment

To truly thrive, we must invest in our employees' growth and well-being. Introducing the **LEAF Concept**—what do you want to **Learn, Experience, Accomplish, and Feel** in both your life and career? This innovative approach encourages employees to think long-term, fostering a culture of continuous improvement and personal fulfillment.

By focusing on these key areas, we can inspire our teams to achieve greater heights and build a more resilient, motivated workforce. In this transformative session, we will explore how to:

- Promote a long-term vision for employee growth
- Foster a culture of continuous improvement
- Enhance personal and professional fulfillment
- Build a resilient and motivated team

Join us to discover how the LEAF Concept can revolutionize your organization's approach to personal and employee development, leading to sustained success and a workplace that thrives.

### Discovering Your True North: Navigating Your Life and Career with Purpose

Have you ever felt like you've just stumbled your way through life and ended up where you are by chance? In reality, there's a rationale behind our intentions, decisions, and actions. But what are we truly trying to accomplish in both our careers and lives?

This enlightening session delves into the concept of finding your True North—the guiding principle that keeps you aligned with your purpose and goals. Participants will:

- Uncover the science of intentional decision-making
- Explore techniques to clarify and articulate their True North
- Gain practical strategies to stay on their path amidst life's challenges
- Learn to align daily actions and long-term aspirations with their core values

Join us to navigate your journey with confidence, ensuring that every step you take brings you closer to your true purpose and desired achievements.

### Testimonial ---

*“Brenda Dietzman is always awesome, down-to-earth and practical, but full of wisdom, discernment and valuable insight. This was a really great topic and information that I can use immediately.”*

## **Unlocking Potential: Conquering the Inner Critic**

Ever caught yourself thinking, "I'm not good enough" or "I'm not ready yet"? We all have that inner critic, and its high time we started taming it. In this powerful keynote, we'll delve into the roots of these self-doubts and the unconscious actions and beliefs that hold us back. More importantly, we'll uncover how imposter syndrome uniquely stifles women's careers and share actionable strategies to overcome it. Learn how to win the daily battle against the inner critic that fuels our insecurities.

Join us for an information-packed session designed to provide meaningful change in your career and life. Whether you're just starting out or looking to grow, this keynote will equip you with tools to tame that inner critic and unlock your true potential.

### **One Hour Offerings**

---

The Art of Curious Leadership

Learning to Say NO

Building Resilience

Women in Leadership

Leadership Lessons Learned throughout a Career

Corrections Staff Wellness

Organizational Stress from the Administrative/Front Line Perspectives

Leading At Any Level

Growing the Leaders You Need for the Future

### **Testimonials**

---

*"I can't say enough about Brenda. I have had the opportunity to listen to her speak twice and I can say, without a doubt or hesitation, she is the real deal. She is a leader, not just in her career field, but across the board. Knowledge, experience, and compassion. Looking for leadership training? Look no more!!!"*

*"Brenda is uplifting, down-to-earth, and understands a real agency perspective about the workforce."*

*"I love hearing Brenda speak about anything. This was such a great webinar and had great points about why we don't say no and about boundaries, etc. really good and love when I get to hear her talk. She is one of my favorites!"*

*"Brenda is a Rockstar presenter who is easy to listen to and has a ton of experience. I always not only learn from her presentations, but enjoy the time spent listening to her present the "thinking skills."*

*"Brenda Dietzman is one of the best presenters I've experienced."*

## **Bio**

---



**Col. Brenda Dietzman (Ret.)** has over 28 years of experience in law enforcement and corrections. In 2019, she retired as the undersheriff in charge of jail operations at the Sedgwick County Sheriff's Office in Wichita, Kansas, overseeing two facilities with more than 1,400 inmates, over 300 employees, and a \$40 million budget.

Throughout her career, Brenda served in various roles, including captain of the Patrol and Judicial Divisions, lieutenant in the Patrol Division and Special Projects Unit, Community Policing sergeant, detective, and road patrol deputy.

Currently, she is an IADLEST internationally certified trainer and has presented to audiences worldwide in both the private and public sectors, including speaking engagements with the International Association of Chiefs of Police, Women in Federal Law Enforcement, National Sheriffs' Association, American Jail Association, Major County Sheriffs' Association, NLETS, National Tactical Officers' Association, and more. Brenda has contributed articles to notable national publications such as *Sheriff & Deputy*, *American Jail*, *Corrections Managers' Report*, and the *IACP Police Chief* magazine.

Her dedication has been recognized with numerous awards, including two bronze medals for Meritorious Conduct, two for Outstanding Service, and the Core Value Award from the Sedgwick County Sheriff's Office. Additionally, she was named the ASIS Officer of the Year, WCC Officer of the Year, Thomas Hopkins Post & Aux. Officer of the Year, Sedgwick County BOCC Chairman's Award Recipient, WCC Humanitarian of the Year, and American Red Cross Volunteer of the Year.

Brenda's approach involves exploring the underlying causes of issues to provide actionable solutions. Her presentations aim to equip attendees with a deeper understanding and practical strategies they can apply immediately.

She holds a Bachelor of Science degree in Administration of Justice from Wichita State University. Brenda enjoys traveling, photography, mountain biking, meditation, and reading. She is married and has three rescue dogs.

<https://www.facebook.com/brendadietzman>

[https://www.instagram.com/brenda\\_dietzman/](https://www.instagram.com/brenda_dietzman/)

<https://www.linkedin.com/in/brendadietzman/>

<https://brendadietzman.com/>