

# Joel DiGirolamo



## AUTHOR, SPEAKER, TRAINER

### ***Zen Leadership in Turbulent Times***

Leadership becomes a vital component of success for any organization during turbulent times. This session will illuminate the need for laser-sharp focus and stillness to maintain high individual and team performance.

### ***Leadership & The Field***

How broad is your energetic field? What kind of field do you create: collaborative, innovative, divisive, fearful? Do you allow other people's field to interact with yours? Learn how to become aware of your field, others' fields, and how to create the kind of energetic field you want - to create the legacy that you desire.

- Keynote speaker at international conferences
- Member of the:
  - American Psychological Association (APA)
  - Society for Industrial and Organizational Psychology (SIOP)
  - Society for Human Resource Management (SHRM)
- 30 years of staff and management experience
- BSEE, MBA, MS psychology degree
- Author:
  - *Leading Team Alpha*
  - *Yoga in No Time at All*

### **Additional Topics**

- Leadership is focus
- Nurturing creative teams
- Personality & leadership styles
- Team dynamics & conflict

### **Discover...**

- Fresh ideas for your leadership team
- Origins of creativity
- Insights into human behavior
- Sources of conflict

### **Formats**

- Organization meetings
- Seminars
- Workshops

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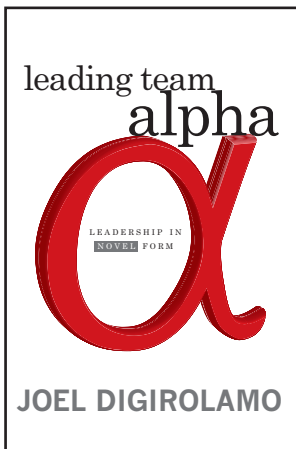
THE ART, SCIENCE, & PSYCHOLOGY OF MANAGEMENT—  
AN INTEGRATED APPROACH

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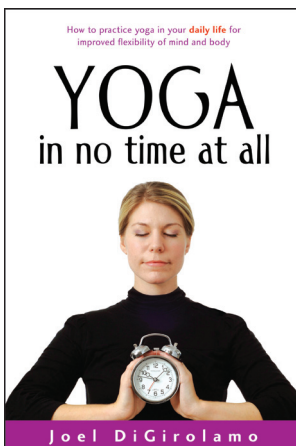
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*"DiGirolamo delivers a dynamic presentation weaving corporate experience and leadership fundamentals into strategic tips that can be taken back to the office and used today!" — K. W.*

*"Joel provided an engaging, reflective session which was very useful to our members!"*  
— Commerce Lexington event evaluation



*Leading Team Alpha* is a novel about a software business, Dandadata, that suddenly finds itself trailing its major competitor when they announce a new version of their product. Dean, a manager at Dandadata, has been working on NU technology with a small team of four people and must build his team and incorporate NU technology into the DandaData mainstream product to save the company. During this journey five fundamental elements of leadership are illustrated



Many people say they are too busy to practice yoga. That is no longer an excuse. The poses provided in this book can be done in little or no time with a tiny amount of effort, creating a yoga practice in many moments of your daily life. A section on workstation ergonomics and a break time series make this book an ideal addition to corporate wellness programs to help keep employees fit and productive at the office.



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