

SANDRA A. SHELTON

PROFESSIONAL SPEAKER WHO MOTIVATES STRATEGIES TO FOLLOW-THROUGH ACTIONS

Sandra's zest, enthusiasm, and high commitment are contagious as she brings organizations to a new level of achievement and individuals to a clearer focus and greater personal impact.

Beginning as an educator, Sandra moved into corporate environs as a team leader, supervisor, and manager for insurance, foodservice, real estate sales, and manufacturing before becoming an entrepreneur, business consultant, trainer, international speaker and founder of a nonprofit organization. She consistently focuses organizations to improve the quality of what is happening among its people – the real impact. Sandra's workplace focus comes from understanding that every work day issue is personal; every professional decision is ultimately made by one person; and, inevitably, every success begins with one conversation. Her specialty – StrengthBank® – each person's unique way to successfully contribute – was developed and refined from thousands of corporate and media audience responses from 1900+ presentations in 15 countries covering a span of 20+ years. Sandra engages people and encourages positive change by first answering the inevitable question:

"How will this affect me?"

Making a difference, her StrengthBank® concept ultimately creates better teams, higher productivity, less stress, fewer problem people, and better personal relationships to bring home from work.

StrengthBank® learning creates a platform for better, long lasting high performance which ultimately shows up in a consistent service, workplace harmony, and esprit de corps.



EDUCATION • BA, MEd, CTACC

WORK HISTORY

- Educator - English/ Theatre Arts and Journalism
- Supervisor-Insurance
- Meat Manufacturing National Account Rep
- Real Estate Sales - residential
- Founder StrengthBank Inc.
- International Speaker/ Entrepreneur/Nonprofit CEO
- Founding Member: Fort Worth Coaching Alliance

NAICS 611430, 611513, 611110, 611699, 541611, 54612, 541613, 541690

ARTICLES / PRESENTATIONS

- www.StrengthBank.com/blog
- www.searchwarp.com
- www.csrwire.com

BOARD MEMBERSHIPS:

- Women's Advisory Board/Ft. Wth Business Assistance Center
- DeVry University/Committee 100
- StrengthBank Inc.-President/CEO

PREVIOUS SUBCONTRACTOR:

- CareerTrack®, Padgett/Thompson, Tom Peters Group, National Seminars, Sommers Communication

PARTIAL 1200 CLIENT LIST

- Chrysler Financial
- Comerica Bank
- McDonald's Corp.
- AOUSC
- Mobil Oil
- US Navy
- US Air Force Civilian Personnel
- SWCPOC
- DARS - Dept. Assistive/ Rehabilitative
- USPS
- National Healthcare Review
- Prudential Insurance
- National Missile Defense/Army
- GAO (Gov't Accounting Office)
- Coca-Cola
- USGS
- NASA
- IRS
- DOJ
- DOD
- AT&T
- American Airlines
- AstraMerck Pharmaceutical
- Federal Express
- Texas Instruments

TYPICAL KEYNOTE AND SEMINAR TOPICS

- Giving Briefings and Presentations That Influence
- Workplace Relationships: The Real Contribution
- Beat-the-Clock Time Management
- Giving Image-Enhancing Customer Service
- Overcoming the "Us" vs "Them" Departmental Mindset
- Team Building That Works
- Diversified Workforce – Standing Stronger
- The Character of Leadership For Management Effectiveness
- Change with Diplomacy Not Disillusionment
- Communication Skills That Build Trust
- Volunteerism – Mentoring The Next Generation
- Nonprofit (501 (c)(3)curriculum: How To Mentor Up The Next Generation Now In Today's High School

STRENGTHBANK® EDUCATION/TRAINING KEYWORDS:

lecture for training, leadership, management, productivity, customer service, education, consulting, communication, interpersonal, team building, multiple priorities, stress relief, executive coaching, decision making, StrengthBank, writing skills, conflict resolution, harassment, workplace emotions, briefing skills, work relationships, presentation skills, train the trainer, mentoring, performance image

STATEMENT OF CAPABILITIES

We provide education, instructor - led training, consulting, and executive coaching to improve workforce performance. We are the only provider of the StrengthBank® strategies - simple, usable for a lifetime.

WHAT CLIENTS SAY ABOUT SANDRA...

"...in my 13 years as a human resources professional Sandra has generated more enthusiasm and positive remarks than I have ever before witnessed." -Richard Smith, Vice President Human Resources, Coca-Cola

"...not only knows what she is talking about, but her analogies, people skills, dynamic stories and ability to be fast on her feet make her so interesting I didn't want to miss a minute of it." -Frances Floyd, Manager Amdahl Corp.

"I laughed, I cried. I'm changed!" -Jon C. Jones, Manager Arcus Data Security

"One of the rare chances to see excitement in a form that they can take back to work with them and actually use" -Gerrell, Distance Learning Manager Fort Hood, Texas

"Most enlightening -- can't wait to begin to put it into practice." -Chris Spensley, Quality Assurance Technician Amgrsham International, Cardiff, Wales

"Knowledgeable, flexible, prepared, provides sound guidance, adaptable. Worth the money paid - good return on investment (productivity increased, stress decreased, solved problems)." - David S. Brown, Office Chief USGS Texas Water Science Center

Sandra Shelton BA,MEd., CTACC Professional Speaker
CONSULTING, EXECUTIVE COACHING, AND INSTRUCTOR-LED TRAINING

WOSB - DNS#009355293 - CAGE/NCAGE: 4NGX3

Productivity and Workplace Relationship Experts

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COMMUNICATION WORKOUTS® to work in greater engagement in work.

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