

**“Never Accept  
the Status Quo!”**



**DR. JARIK E. CONRAD**

# The **ART** and **SCIENCE** of HUMAN PERFORMANCE

SOME  
ORGANIZATIONS THAT  
HAVE HIRED JARIK:



# KEYNOTE SPEAKING



Dr. Conrad shares his passion for people and unique perspective with audiences across world to help them improve their performance and strengthen their personal and professional relationships.

“Thank you for a spectacular presentation! The feedback from the meeting participants was excellent. We received comments such as, ‘excellent’, ‘best speaker of the year’, ‘very energetic’, ‘needed/wanted more time’, ‘great presentation’, ‘wonderful content and delivery’.”

**Lori A. Bourgojn,**  
*Director Associated Industries of Massachusetts*

**INVITE DR. CONRAD TO SPEAK AT YOUR EVENT TODAY! HE SPECIALIZES IN THE FOLLOWING EVENTS:**

Annual Meetings  
Awards Programs  
Luncheons  
Dinners  
Special Events  
Retreats

**These are the most frequently requested keynotes by Dr. Jarik E. Conrad. Additional topics may be found at [jarikconrad.com](http://jarikconrad.com).**

**HARD CORE SOFT SKILLS: TRANSFORM YOUR EXCEPTIONAL POTENTIAL INTO EXTRAORDINARY PERFORMANCE**

***What if you could dramatically improve your ability to make great decisions?***

Each of us has tremendous potential. Yet, few of us obtain the personal and professional success we desire. Dr. Conrad will demonstrate why it is neither emotions, nor intellect that matter most, but actually the combination of the two that produces magic. He will help you better understand yourself and others, which will enable you to perform better and build positive, more productive relationships.

**H.A.R.M.O.N.Y.**

***Do you often feel like your world is spinning out of control?***

Obesity, high blood pressure, heart disease, depression, substance abuse and relationship conflicts are just a handful of issues resulting from the stress of modern life. Dr. Jarik Conrad will show you how conquer stress and elevate your long-term well-being! His “Seven Steps to Achieving Harmony” will help you look great, feel terrific, and achieve your most elusive personal and professional goals today.

**JUST LIKE FINE WINE: CULTURAL EMOTIONAL INTELLIGENCE (CEI)**

***Why do so many diversity programs fail?***

Demographic shifts in age, gender, race, religion, nationality, sexual orientation and ethnicity are presenting organizational leaders with challenges and opportunities that many are not equipped to manage effectively. However, organizations will not survive in the global marketplace unless they proactively value the unique attributes of each of their employees. Dr. Conrad will uncover how to avoid the most common flaws of diversity programs so that organizations can build high- performing inclusive organizations.

**Dr. Conrad’s Keynotes can be extended into a workshop or seminar, or customized into a half-day to multi-day program for both small and large audiences.**

# CUSTOMIZED SOLUTIONS

## CONSULTING

Globalization, technological innovation, and rapid demographic change are just a few of the complicated factors that test today's organizational leaders. Although these challenges seem daunting, they bring with them a myriad of opportunities. Since the only true sustainable source of competitive advantage in today's economy is human capital, leaders need to possess well-developed intellectual abilities and equally impressive social and emotional skills to connect with their employees and help them reach their potential. The Conrad Consulting Group helps leaders use these skills to attract, develop, reward, and retain top talent.



## TRAINING

The Conrad Consulting Group provides training on a variety of topics, each of which is essential to understanding how to maximize human potential and performance. During these programs, participants will learn to:

**Communicate effectively** (Eliminate the problems that result from misunderstandings).

**Manage conflict** (Create a more positive, collaborative workplace).

**Manage change** (Be flexible and more easily adapt to change).

**Manage stress** (Maintain control of emotions, no matter how tense the situation).

**Understand human differences** (Understand how emotions affect interactions).

“Our training experience with Dr. Jarik Conrad was exceptional. Our Staff gained greater insight into how the brain and emotions contribute to our views of others. By the end of our full-day retreat we had reached consensus on short term action steps that can move us closer to where we want to be. We look forward to having Dr. Conrad come back to assess our progress and keep us moving forward. All of our employees were excited by the day, fully engaged, and motivated to take action.”

*Laurie Price,  
Hope Haven Children's Clinic  
and Family Center*

## COACHING

The primary reason leaders get derailed is not because of deficient technical skills, but because of lack of social, emotional, and cultural-emotional intelligence. The Conrad Consulting Group offers one-on-one coaching for leaders seeking to improve upon these skills, which include self-awareness, assertiveness, conflict management, stress management, interpersonal relationships, and understanding diversity. Coaching is delivered through a combination of assessments, case studies, and on-the-job practice.

*Please visit [conradconsultinggroup.com](http://conradconsultinggroup.com) for more information.*



## ABOUT DR. JARIK E. CONRAD

Insightful, inspiring, and refreshing are the adjectives most used when describing award-winning author, speaker, coach, and consultant, Dr. Jarik Conrad. Dr. Conrad grew up in public housing in East St. Louis, Illinois...it is a place so economically challenged that it has been described as the “most distressed small city in the United States.” Dr. Conrad rose up from this difficult environment through education, hard work, and self-determination. He has received a bachelor’s degree from the University of Illinois, two master’s degrees from Cornell University, and a doctor of education degree from the University of North Florida.

Dr. Conrad is now a certified Senior Professional in Human Resources (SPHR), a certified intercultural sensitivity expert, and a certified emotional intelligence expert. He has served on the board of the National Speakers Association (NSA) and is a past president of its North Florida Chapter. He currently serves on the Consortium for Research on Emotional Intelligence in Organizations (CREIO). He has been an adjunct faculty member at Jacksonville University, taught continuing education classes at the University of North Florida, and is an external faculty member at the Mayo Clinic. He has worked with several notable Fortune 500 companies, including Pillsbury (General Mills), Union Carbide (Dow), Citigroup, and CSX Technology, a business unit of CSX Corporation, where he led the human resources department.

Currently, Dr. Conrad is the President and Founder of the Conrad Consulting Group. The company’s main focus is to teach skills for the development of emotional, social and cultural-emotional intelligence. The Conrad Consulting Group’s proven methods and strategies facilitate employee productivity and effectiveness on the job; they also boost the overall efficiency and economic potential of companies by transforming the way their employees relate to each other.

Dr. Conrad is a frequent radio and television commentator. His articles have appeared in dozens of publications. His books include: The Master of Success with notable authors Ken Blanchard and Jack Canfield, The Relationship between Emotional Intelligence and Intercultural Sensitivity, and the award-winning The Fragile Mind: How it has Produced and Unwittingly Perpetuated America’s Tragic Disparities.

“I promise you won’t find a tougher audience than a group of senior law enforcement officials. We asked Dr. Conrad to speak to ranking command officers from state and local police departments across Florida and employees of the FBI’s Jacksonville Division. He did an outstanding job with these two divergent groups including discussions about emotional intelligence, stress management, and change in the workplace...Your employees need to hear what Dr. Conrad has learned about the brain, people at work, and life.”

*Jim Casey,  
Special Agent in Charge, FBI Jacksonville*

JARIK HAS BEEN FEATURED  
BY THE FOLLOWING  
MEDIA OUTLETS:



The Florida Times-Union

DiversityInc

BLACK ENTERPRISE

ST. LOUIS POST-DISPATCH