A woman with long brown hair, smiling and looking to her left, stands in an art gallery. The background features several large, colorful abstract paintings, including one with a prominent red face and another with a black and white figure. The text "ERICA DIAMOND" is overlaid in a large, white, serif font.

# ERICA DIAMOND

SPEAKER DECK



# MOTIVATIONAL SPEAKING

*Erica Diamond is an **acclaimed Self-Care Expert** and **Professional Speaker** represented by **National Speakers Bureau**. She is a natural storyteller with a dulcet speaking voice that captivates listeners with her innovative and interactive talks. Drawing on her background in psychology and marketing, and her innate empathetic and intuitive personality, Erica connects deeply to her audience. Together, she creates a safe and inspiring space to tackle topics ranging from self-improvement to wellness and lifestyle enhancement. Erica has delivered keynotes for **The Young Presidents Organization (YPO)**, **The Women's Executive Network (WXN)**, **Toronto Dominion Bank**, **Professional Organizers Association**, **American Standard**, **Samsung**, **The Canadian Bar Association**, **McGill University**, **Momprenneur Awards**, **Women In Leadership**, **National Women's Show**, just to name a few.*





# ABOUT ERICA

A Professional Speaker on the topics of **Life Balance, Goal Setting, Burnout Prevention, and Self-Care Strategies** – Erica Diamond is a Certified Life & Career Coach, Certified Yoga & Meditation teacher.

A sought-after Media Expert appearing on **The Today Show, The Oprah Winfrey Network, Entertainment Tonight, Forbes, Entrepreneur Magazine, Bloomberg, Thrive Global, HuffPost, Sirius XM**, Erica Diamond is the Lifestyle and Parenting Correspondent on **Global TV**, Host of **The Erica Diamond Podcast**, Author of the bestselling book **LIST YOUR GOALS Journal: 100 Lists to Inspire and Motivate Your Growth**, and Founder & Editor-In-Chief of the Award-Winning Lifestyle Platform **EricaDiamond.com**<sup>®</sup> (previously [WomenOnTheFence.com](http://WomenOnTheFence.com)<sup>®</sup>).

Erica Diamond has been named to the coveted list of **The Top 20 Women in Canada, FORBES Magazine's Top 100 Sites for Women** and a **Profit Hot 50 Canadian Company**.

# WORDS OF PRAISE



*"Erica has spent years inspiring and empowering women to get off the fence, get unstuck and thrive daily."*

**ARIANNA HUFFINGTON, FOUNDER  
THE HUFFINGTON POST AND THRIVE  
GLOBAL**



*"Erica embodies many of the greatest things about women: she has accomplished so much. Women should draw inspiration from her and especially her message: be bold! There is nothing you cannot do if you put your mind and heart into it."*

**SARAH FERGUSON, DUCHESS OF  
YORK**



*"Erica is an always inspiring and empowering presence in this world."*

**- CHRISTIE TURLINGTON**



# SELF-CARE

REDEFINED

***“This self-care ain’t about massages and bubble baths – although we love those.”***

***– Erica Diamond***

Erica Diamond’s self-care is all about empowering her audience to **cultivate meaningful routines, ambitious goal-setting (both career and personal), mindset mastery, a wellness blueprint, time management tactics, and productivity strategies to OWN YOUR DAY.**

Erica guides participants toward long-term transformational habits that not only **avoid burnout and boost overall well-being** but also equip them with the tools to navigate any moment with confidence and stability. With REAL self-care essential skills mastered, attendees will not only **show up more successfully in both personal and professional spheres**, but also unlock the potential to transform their entire life.



# LET'S REDEFINE SELF-CARE FOR YOUR ORGANIZATION

## KEY TAKEAWAYS FROM ERICA'S TALKS:

1. Inspire and equip attendees with actionable insights that will **enhance their overall well-being and motivation.**
2. Strategies to **fuel creativity and productivity** in the long run, ultimately leading to **increased efficiency, connection and performance.**
3. Attendees will be equipped with the tools to create a **personalized self-care plan** that aligns with their highest values for a more **fulfilling and successful personal and professional career in their realm.**

## HERE ARE 5 TALKS FOR YOUR ORGANIZATION



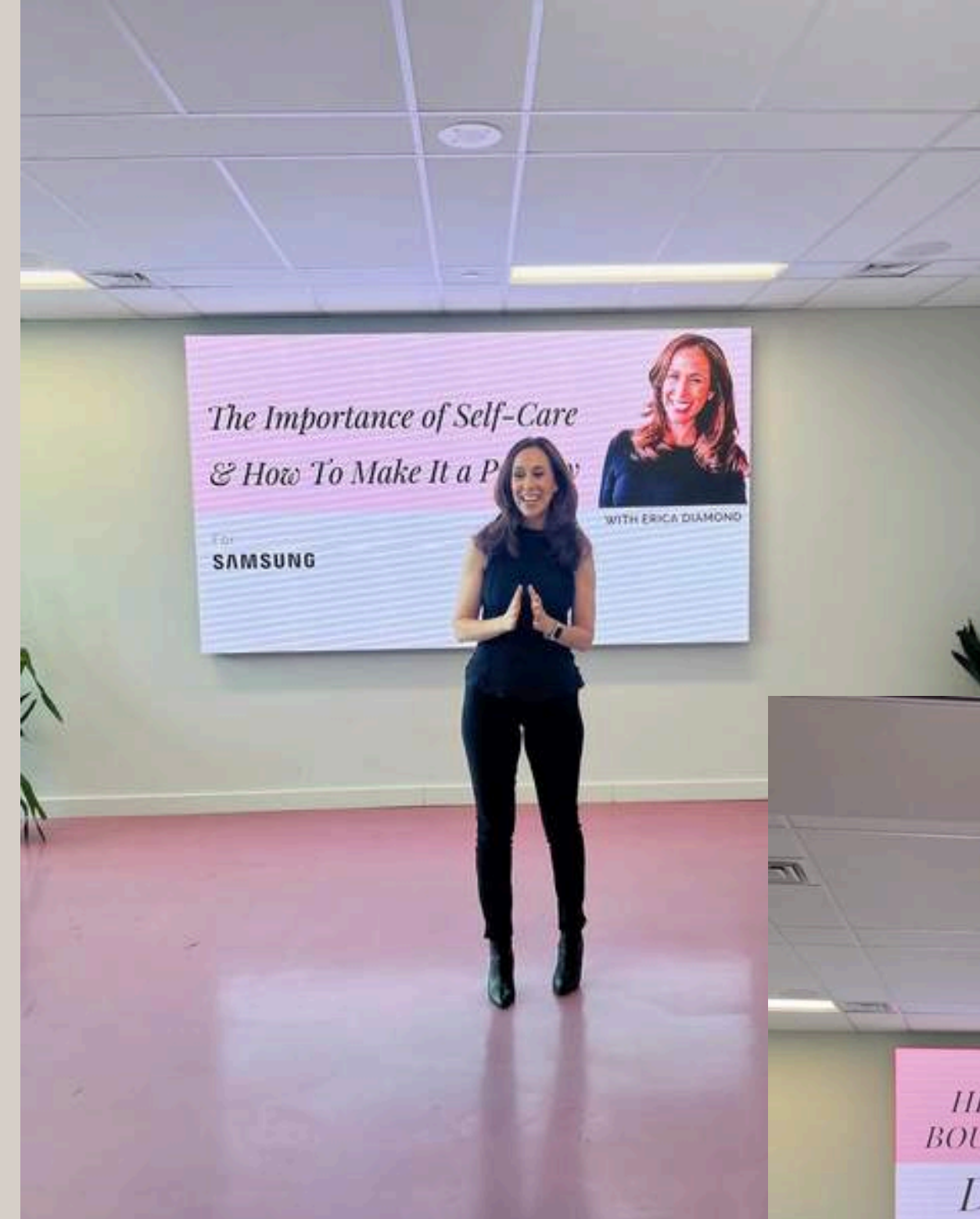
# THE IMPORTANCE OF SELF-CARE AND HOW TO MAKE IT A PRIORITY

A more balanced and healthy employee makes for a more thriving work environment (it's also good for the bottom line and ROI).

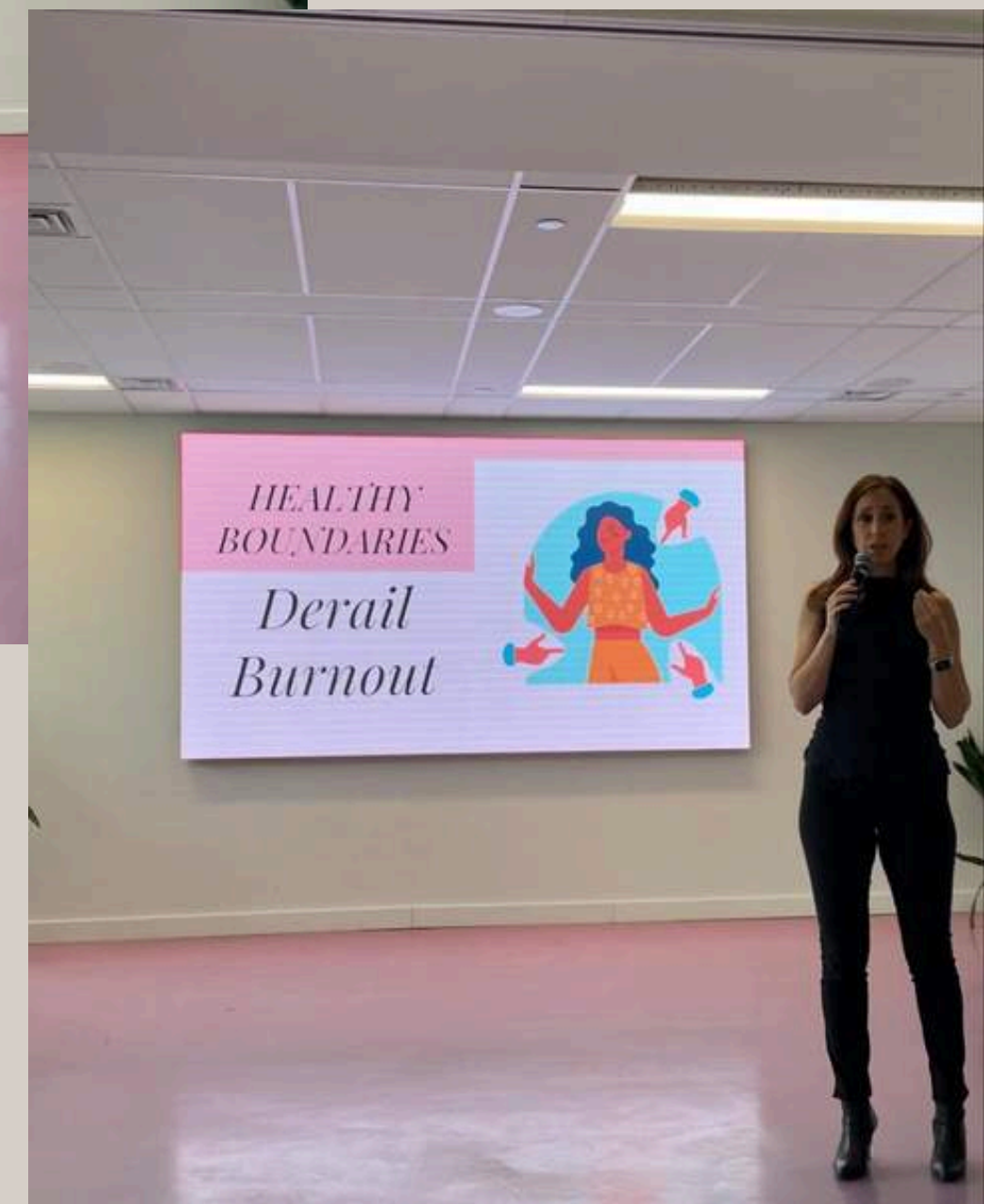
Self-care is a critical component of maintaining good physical and mental health, yet it is often overlooked or neglected in our busy lives. Erica discusses the importance of self-care and provides practical tips and strategies for making self-care a priority, including two experiential exercises as a team.

By the end of this 60-Minute Keynote, the participants will have a better understanding of the importance of self-care and an individualized plan to create improved balance and harmony.

Talk 01



**Erica speaking at Samsung offices and broadcasted virtually to company employees, May 2024**





# CLOCKWISE: A PRODUCTIVITY & WELLNESS WORKSHOP

Talk 02

Learn How to **Work Smarter** Not Harder, **End Procrastination** & **Own Your Day... Every Day!**

This transformative 60-minute time management and productivity workshop will help participants unlock their full potential and revolutionize the way they approach their daily tasks with quick to implement strategies THAT WORK!

Become 'CLOCK WISE' and reclaim your time, energy, and schedule!

**Tap here** to read more about CLOCKWISE.

A promotional image for the 'CLOCKWISE' workshop. It features a woman with long brown hair, Erica Diamond, sitting at a desk. She is wearing a black and white sleeveless top and is holding a white mug in her right hand while looking at a laptop. On the desk, there is a vase of red roses. In the background, there is a window and a chalkboard with the hashtag '#Work' written on it. The text 'CLOCKWISE' is prominently displayed at the top in large, bold letters, with 'CLOCK' in white and 'WISE' in yellow. Below it, the subtitle reads 'How to Work Smarter Not Harder, End Procrastination & Own Your Day... Every Day!'. Further down, it says 'A Productivity & Wellness Workshop with Erica Diamond'. At the bottom, there is a banner that says 'FEATURED IN' followed by logos for 'TODAY', 'Forbes', 'OWN' (Oprah Winfrey Network), and 'Entrepreneur MAGAZINE'.





Every attendee is likely seeking the answer to the eternal question: How do you juggle your job, your personal life, and staying sane?

Erica Diamond offers specific tactics and frameworks to find equilibrium in our home and business environments. In her scientifically proven 4-step method, attendees will gain actionable insights to boost their creativity and productivity.

Don't miss this opportunity to learn the path to harmonious leadership.

# BUSINESS BALANCE WITHOUT BURNING OUT

Talk 03





# THE 5 PILLARS OF SELF-CARE AND WELL-BEING

## THRIVE PERSONALLY AND PROFESSIONALLY

In this 60-minute interactive keynote, Erica explores essential strategies for maintaining well-being in today's fast-paced world. This presentation will cover physical health, mental clarity, emotional balance, social connections, and purposeful living.

By focusing on these pillars, attendees will learn practical tips and techniques to enhance their overall quality of life, prevent burnout, and achieve sustained success both in their personal lives and professional careers.

Attendees will discover how they can nurture themselves to reach their full potential both personally and professionally.

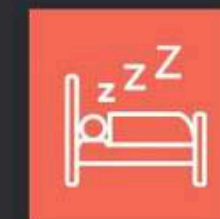
## 5 PILLARS OF *Self-Care & Well-Being*

@ERICADIAMOND

ERICADIAMOND.COM



WHAT YOU **EAT**



HOW YOU **SLEEP**



HOW YOU **MOVE**



HOW YOU  
**MANAGE STRESS**



HOW YOU  
**CONNECT SOCIALLY**



# GOAL SETTING JOURNALING (& YOGA) WORKSHOP

Working with Erica's Bestselling **LIST YOUR GOALS JOURNAL**: 100 Lists to Inspire and Motivate Your Growth – map out personal, professional, health, and relationships goals. Attendees also leave with their own journal to begin their success path.

Oftentimes, this workshop is combined with a de-stressing yoga class (all levels welcome) and created into a 2-hour Journaling & Yoga Workshop. One hour of wellness & goals journaling session followed by one hour of de-stressing yoga.

## Talk 05



**Yoga and journaling 2-hour workshop**



**Erica teaching corporate yoga to Royal Bank of Canada Bankers as well 80 YPO executives.**



# Testimonial



**“The self-care session with Erica was truly exceptional. Her warm and empathetic personality not only captivated our audience, but her presentation left us feeling empowered to walk away with a concrete action plan to implement the strategies we learned immediately. We had such positive feedback from our attendees (both in person and virtually broadcasted), and would be delighted to work with her again! Thank you Erica!”**

-Ellen  
**Samsung**



# Testimonial



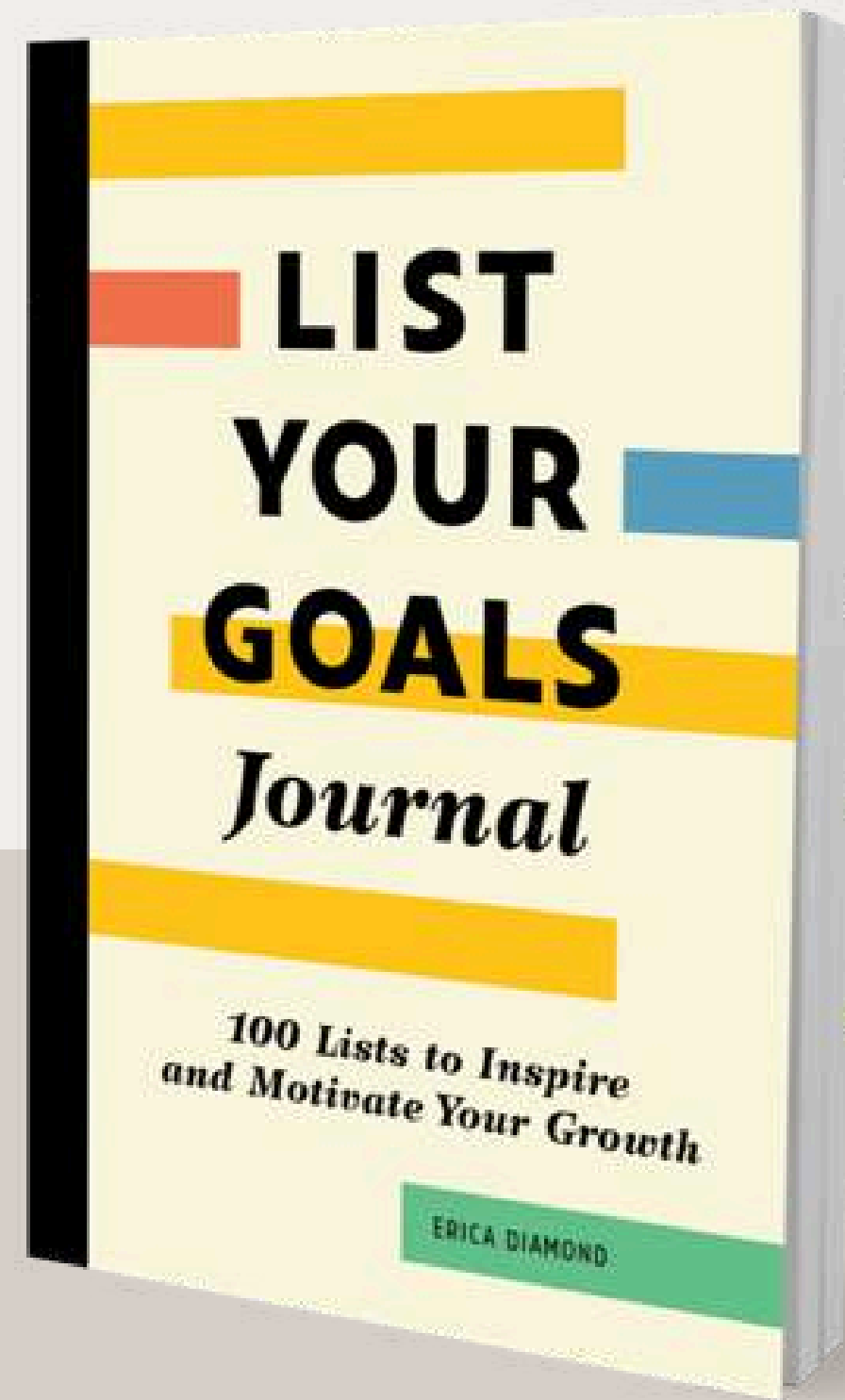
**“We had the pleasure of booking Erica to speak about work/life balance. Erica is an excellent speaker and is sophisticated and polished on stage. She is very engaging and connected with our female audience immediately. It was fantastic to add her to our Centre Stage line-up and we highly recommend Erica as an inspiring, entertaining and appealing speaker at any event.”**

**-Lisa Spodek**

**National Women's Show**



# ADD A BOOK SIGNING



Erica Diamond's talks and workshops are often accompanied by a book signing of her bestselling book, **LIST YOUR GOALS JOURNAL: 100 Lists to Inspire and Motivate Your Growth.**

Your organization / conference may purchase books in advance, making it the perfect add-on to Erica's talks and workshops.





“

A must read to manifest your dreams and achieve your goals!”

- DR. SHEFALI,  
NEW YORK TIMES  
BESTSELLING AUTHOR  
AND CLINICAL  
PSYCHOLOGIST

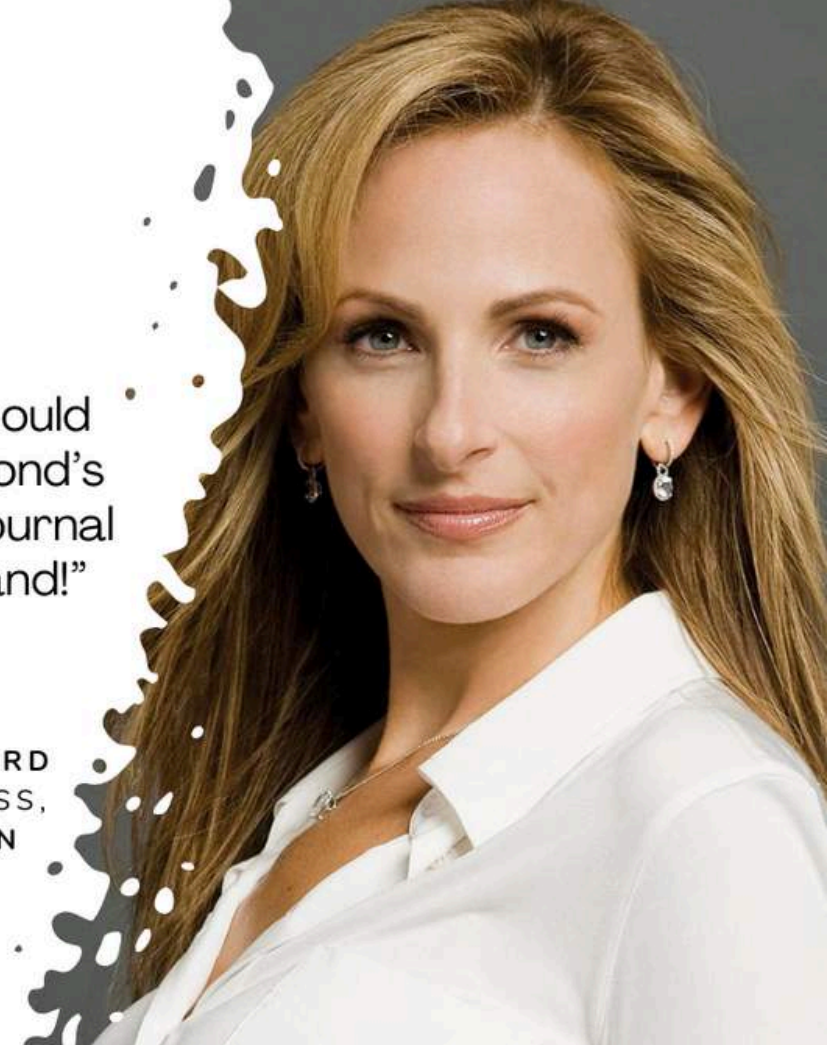


## WORDS OF PRAISE FOR LIST YOUR GOALS JOURNAL

“

Every person should have Erica Diamond's List Your Goals journal on their nightstand!”

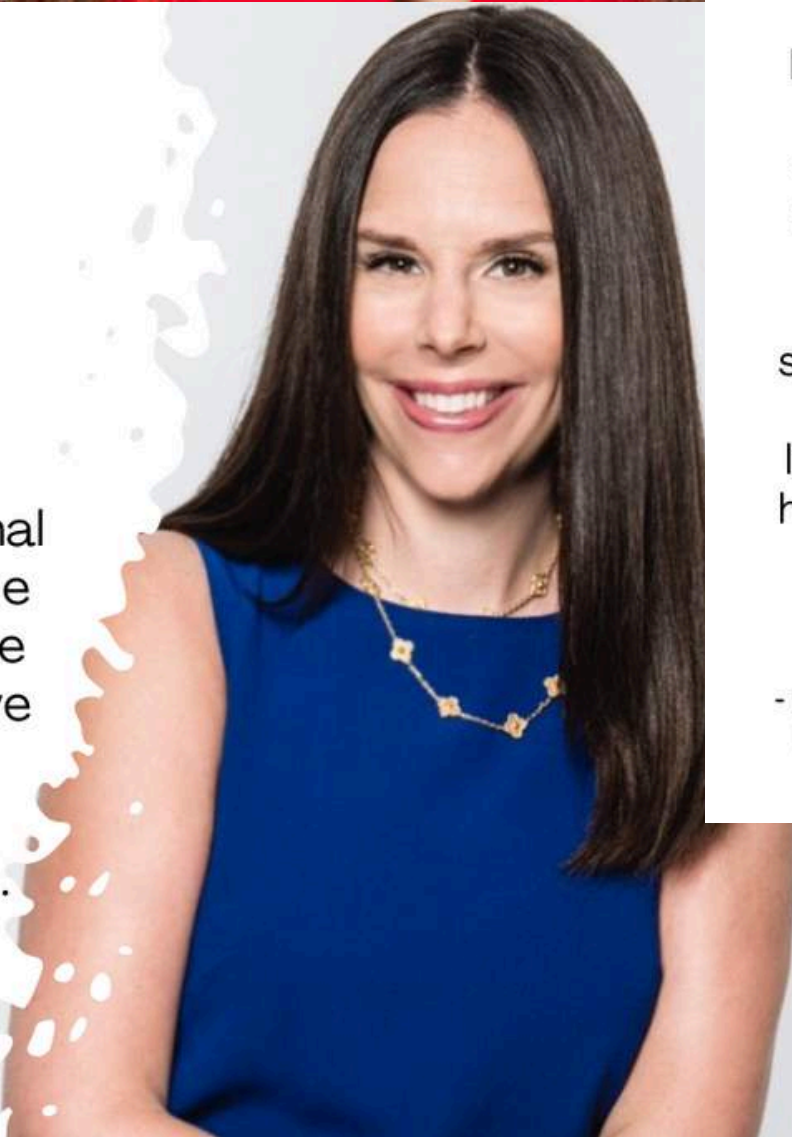
- ACADEMY AWARD  
WINNING ACTRESS,  
MARLEE MATLIN



“

A delightful and powerful goals journal full of implementable strategies for those who want to achieve their personal and professional goals over the next year.

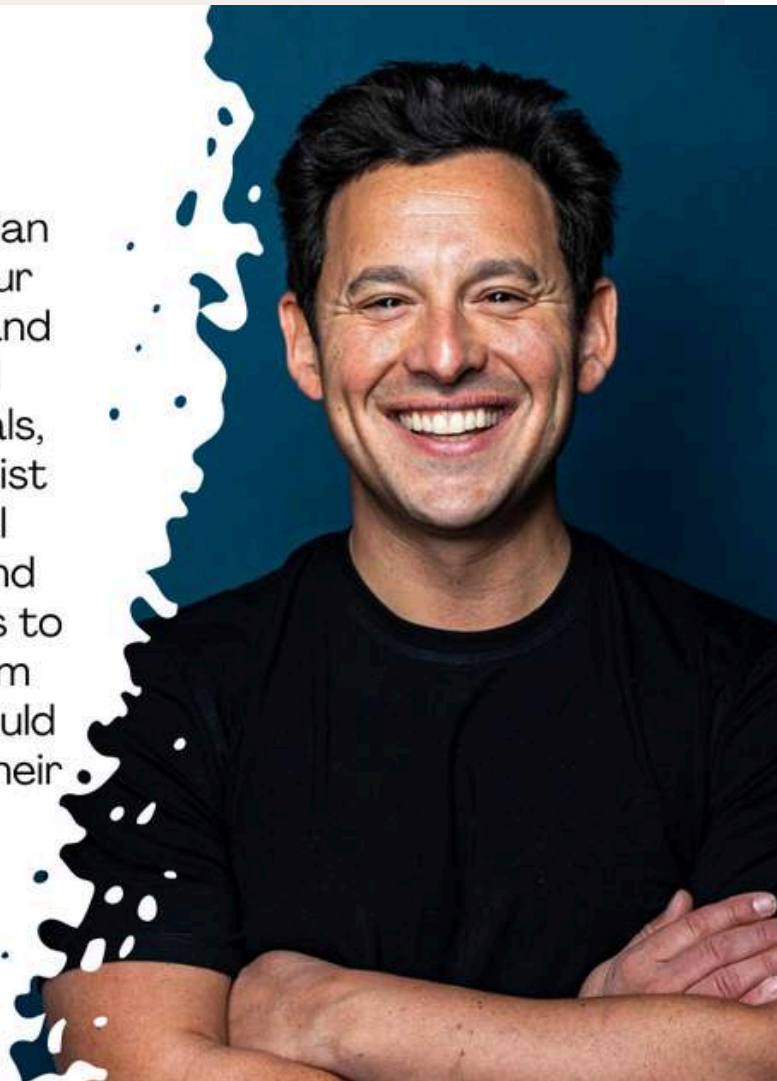
- MOIRA FORBES  
EXECUTIVE VICE  
PRESIDENT FORBES



“

If you're looking to plan the next year of your life both personally and professionally and accomplish your goals, Erica Diamond and List Your Goals Journal provide effective and supportive strategies to manifest your dream life. Every human should have this journal on their nightstand!”

- HARLEY FINKELSTEIN,  
PRESIDENT SHOPIFY



“

Erica Diamond has written a beautiful motivational journal for anyone looking to manifest greatness in their lives!”

- SHERI SALATA,  
AUTHOR,  
THE BEAUTIFUL NO







# CUSTOMIZE A TALK FOR YOUR ORGANIZATION

SELF-CARE IS  
HEALTHCARE

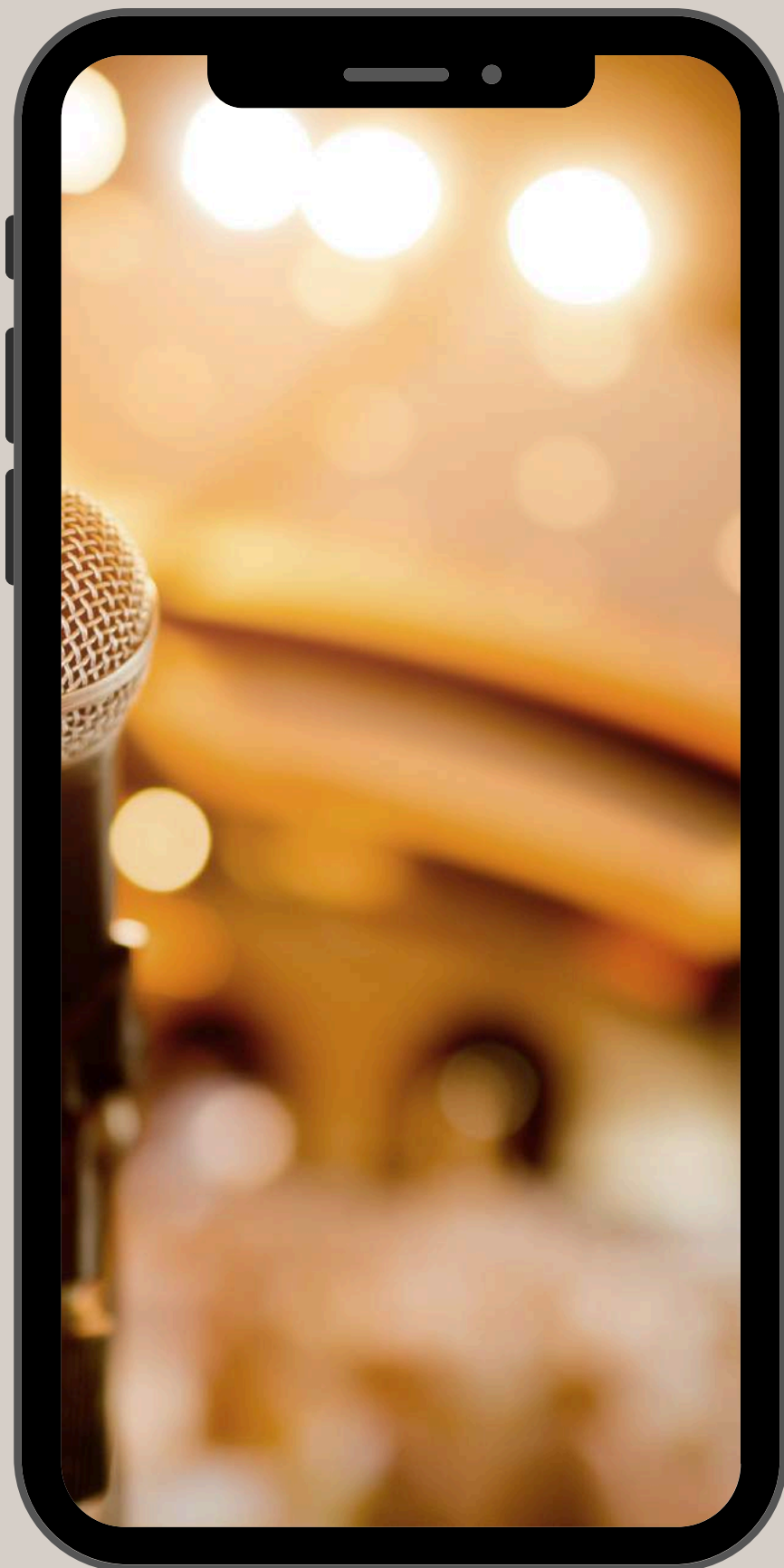


## LET ERICA CUSTOMIZE A TALK TO YOUR NEEDS

All talks/keynotes are customized for the audience, so nothing feels generic. Whether it's an all-female or a mixed audience, whether association, corporation, non-profit, educational institution, conference, business bureau, or event, the message is always relevant and resonating for the audience.







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# LET'S CONNECT ABOUT YOUR NEXT EVENT

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Erica Diamond  
514-823-9255

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[www.EricaDiamond.com](http://www.EricaDiamond.com)