

A woman with long, wavy brown hair, smiling and looking to her left. She is wearing a dark, long-sleeved top. The background is a gallery with various artworks, including a large red and white abstract piece and a portrait of a man wearing sunglasses.

ERICA
DIAMOND

SPEAKER DECK

ERICADIAMOND

SELF-CARE *REDEFINED*



Entrepreneur
MAGAZINE

Forbes

OWN
OPRAH WINFREY NETWORK



CBS Bloomberg

THRIVE
GLOBAL



SiriusXM

NATIONAL POST

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 with 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**, **Mompreneur Awards**, **Women In Leadership**, and **National Women's Show**, to name a few.*



ABOUT ERICA

A Professional Speaker on the topics of **Self-Care Strategies, Life Balance, Goal Setting,** and **Burnout Prevention,** Erica Diamond is a Certified Life & Career Coach, and 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 a Bestselling Author of **LIST YOUR GOALS Journal: 100 Lists to Inspire and Motivate Your Growth,** Host of **The Erica Diamond Podcast,** and Founder & Editor-In-Chief of the Award-Winning Lifestyle Platform **EricaDiamond.com**[®] (previously WomenOnTheFence.com[®]).

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 Growth 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 **prevent 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 KEYNOTES AND WORKSHOPS:

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, empathy, 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 within their realm.**

HERE ARE 4 EXPERIENCES FOR YOUR ORGANIZATION

REDEFINING SELF-CARE

Balance Without Burning Out

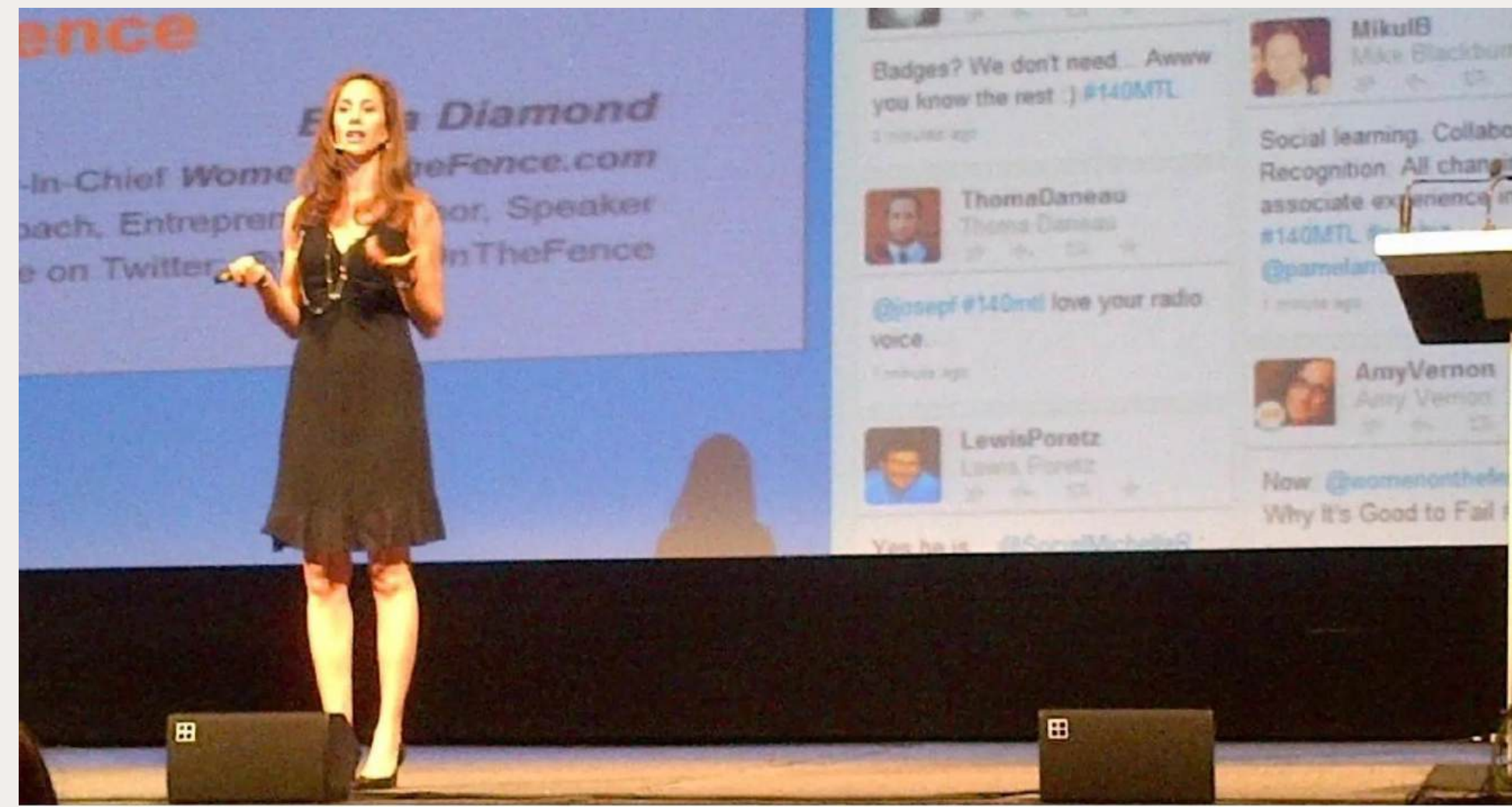
In today's hectic world, balancing work, personal life, and mental well-being can seem impossible. Self-care, though essential, is often neglected. In this transformative keynote, Erica Diamond redefines self-care and provides specific strategies to find balance. Using her **Scientifically-Proven 4-Step Method** (MINDSET, BODY, TIME, TRANSFORMATION)—she offers a practical roadmap to prevent burnout and achieve harmony.

Attendees will leave with actionable insights to shift their mindset, manage energy, boost productivity, and transform daily routines. This talk will equip attendees with a personalized plan to integrate self-care, fostering a cohesive and thriving work environment. **Don't miss the opportunity to learn from trailblazer Erica Diamond the path to harmonious leadership.**



Keynote 01

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



THE 5 PILLARS OF SELF-CARE AND WELL-BEING

In this **interactive keynote**, Erica explores essential strategies for maintaining well-being in today's fast-paced world. Through her 5 pillars, attendees will up-level their physical health, mental clarity, emotional balance, social connections, and purposeful living.

By focusing on these 5 pillars, attendees will learn practical tips and techniques to enhance their overall quality of life, prevent burnout, and achieve sustained success in all facets of their lives.

By discussing the importance of self-care and providing practical tips and strategies for making it a priority, 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.COM

WHAT YOU **EAT** HOW YOU **SLEEP** HOW YOU **MOVE**

HOW YOU **MANAGE STRESS** HOW YOU **CONNECT SOCIALLY**



Every employee is likely seeking the answer to the eternal question: How do you juggle your job, your personal life, and staying sane? The research indicates a more balanced and mentally healthy employee makes for a more thriving work environment (it's also good for the bottom line and ROI).

Using her **Scientifically-Proven 4-Step Method** (MINDSET, BODY, TIME, TRANSFORMATION), Erica offers the roadmap to prevent burnout, boost productivity, and foster a thriving work environment. Attendees will leave with personalized insights and tools to shift their mindset, manage energy, optimize time, and transform daily routines—benefiting not just themselves but the entire workplace.

As the focus on well-being continues to grow in importance, this workshop offers a unique opportunity to make a lasting impact on your corporate community. Don't miss the chance to empower your employees with the knowledge and skills to lead with harmony, foster collaboration, and sustain their energy for long-term success.

WORKSHOP OFFERED IN ONE OR TWO FULL DAY OPTIONS

BUSINESS BALANCE WITHOUT BURNOUT

The Blueprint for Sustainable Success



MIND BODY EXPERIENCE

The Goal Setting, Journaling & Yoga Workshop



Looking for an **unforgettable team-building experience** to improve performance and collaboration skills amongst team members? Look no further than Erica's Goal Setting, Journaling and Yoga Experience. Elevate your team's motivation with a de-stressing yoga class to awaken the chakras (all levels welcome) followed by a journaling and goal setting workshop once their mind and body are ready and open to work.

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.

Workshop 02



WORKSHOP OFFERED IN HALF DAY OR FULL DAY OPTIONS

Erica teaching the Mind Body Experience to Royal Bank of Canada Bankers as well 80 YPO executives.

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

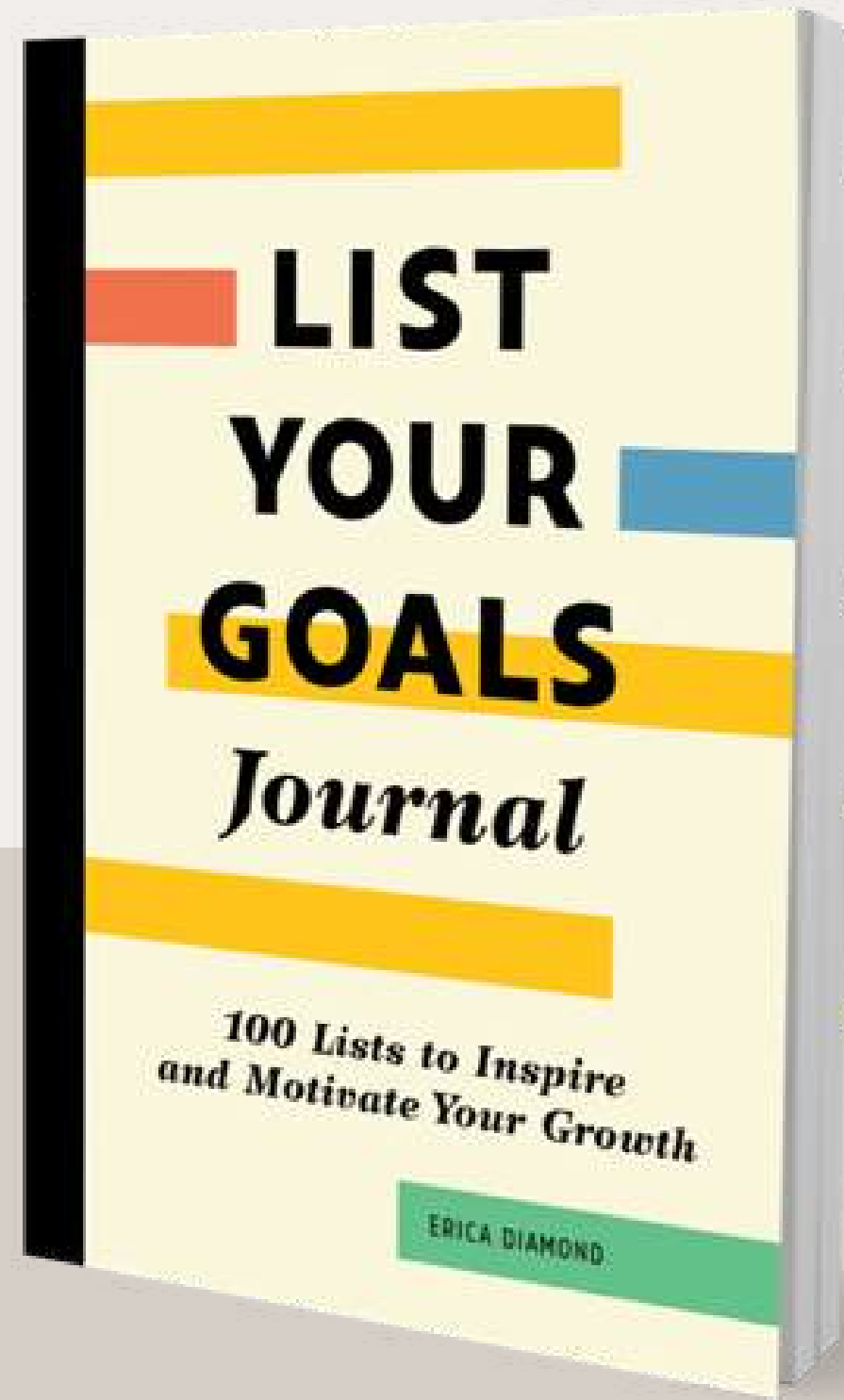
Testimonial



“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

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

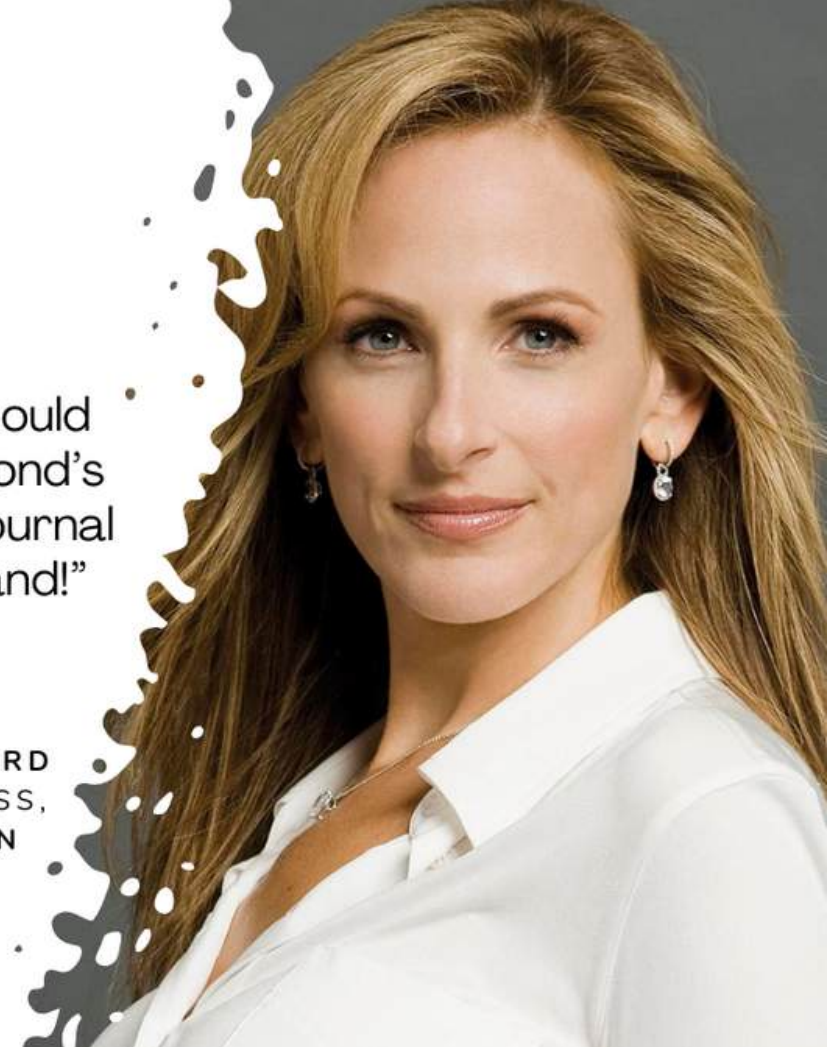


WORDS OF PRAISE FOR LIST YOUR GOALS JOURNAL

“

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



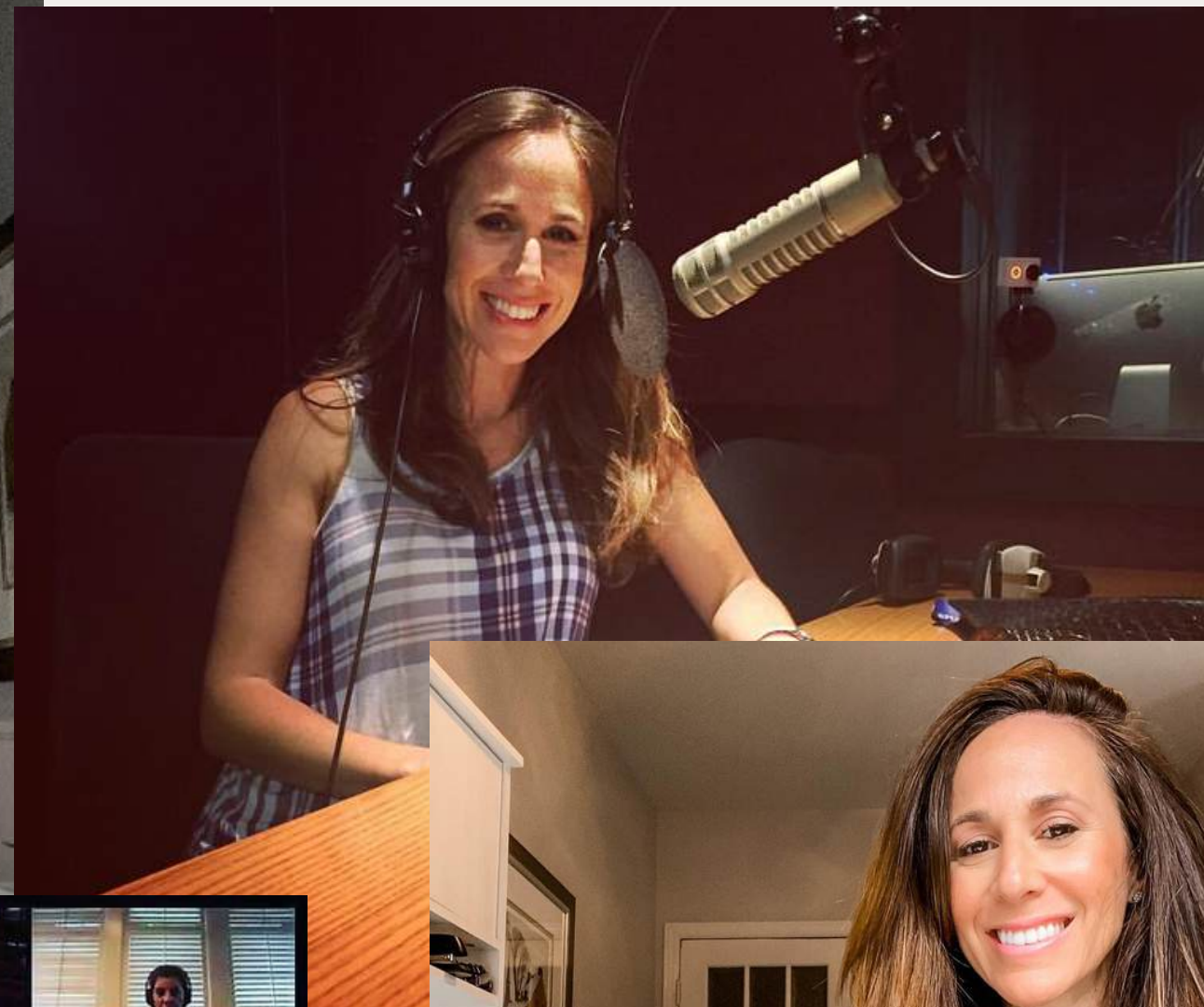
“

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

- SHERI SALATA,
AUTHOR,
THE BEAUTIFUL NO



ALL KEYNOTES AND WORKSHOPS CAN BE PRESENTED LIVE OR VIRTUALLY



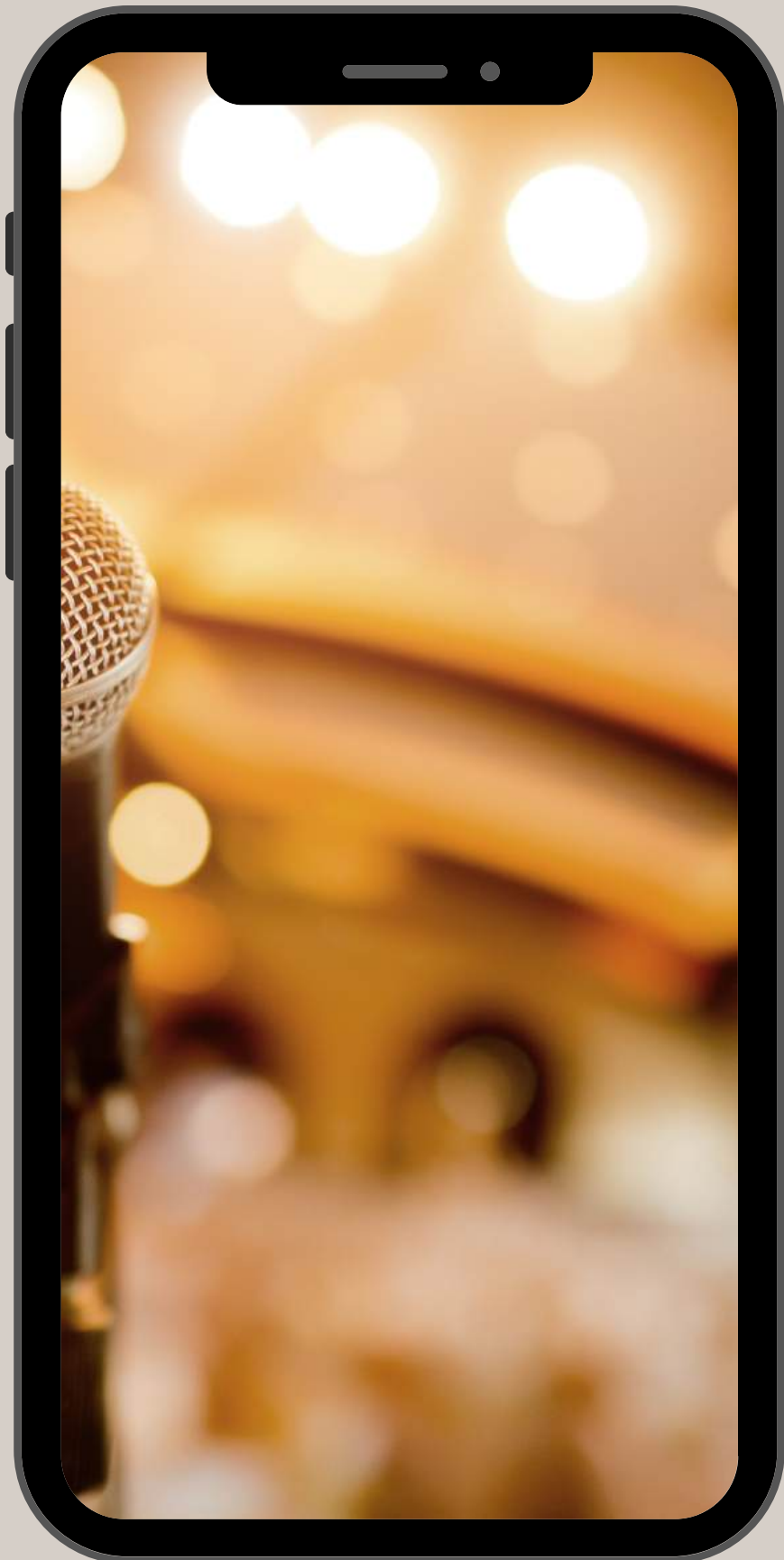
CUSTOMIZE A TALK FOR YOUR ORGANIZATION



LET ERICA CUSTOMIZE A TALK TO YOUR NEEDS

All keynotes/workshops 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.





LET'S CONNECT ABOUT YOUR NEXT EVENT



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