

# Dee Woolridge

AUTHOR, SPEAKER, COACH, COMMUNICATION SPECIALIST

## Invest in Your Team and Uplevel Your Organization.

Improve your team's knowledge, skill and abilities with world class training and workshops.



*“Dee’s presentation was high energy. She was amazing. Best presenter at the conference!”*

Book Dee Now at (908) 287-2759 or [info@womenveteranspeakers.com](mailto:info@womenveteranspeakers.com)

DEE'S KEYS – tips techniques and practical information on communication, resilience and success mindset have been developed into the keynote presentations below. For other workshops and training, go to [coachdeewoolridge.com](http://coachdeewoolridge.com)



### Dee's Keys to Top-level Effective Communication

**6 key ways to build better relationships, reduce misunderstanding, and increase productivity.**

Dee's program is especially designed to boost morale and production by helping your team:

- Listen and talk more openly, honestly, and respectfully.
- Facilitate problem-solving through better sharing of information.
- Build trust and improve coordination and collaboration.
- Build a level of understanding, connection and unity that you've been seeking in your organization.



### Dee's Keys to Busting Stress and Building Resilience

**10 tools that boost bounce-back and help maintain a healthy work-life balance.**

The adaptability to change, difficulty, failure and stress is identified as one of the top skills needed for effective leadership. Dee's program for resilience will help your leaders:

- Go through hard times, resolve problems and remain confident.
- Build a prosperous and peak performing organizations regardless of circumstances.
- Support others and pursue new ideas, alternatives and solutions when change happens.



### Dee's Key's to Making the Most by Managing Your Mindset

**7 positive habits that set great leaders apart.**

The feelings and thoughts that come from within are the reasons why some people seem to obtain big successes and happiness, while others do not. Dee's program for success mindset helps leaders:

- Become committed to success and lead by example.
- Become accountable and focused on task, team and company mission.
- Perform at peak levels that challenges them and fosters personal and professional growth.

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(908) 287-2759 WomenVeteranSpeakers.com



## Everyone Has a Super Power Inside.

The power to overcome life's challenges. The power to create personal success. The power to be an effective leader. The power to take control of your life. Dee knows because she has been where you are.

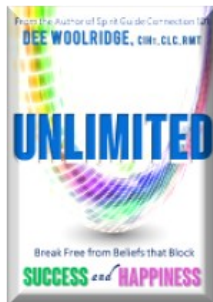
Raised in Chicago by a single mother, one of 13 children (yes, you heard that right!). From an early age, she knew that she had to fight harder to get to where she wanted to be and that was how she discovered her superpowers: negotiation, communication and optimism. Dee is a walking and talking resilience, communication example. She knows them intimately by successfully and

raising a daughter with autism, thriving after breast cancer, and transforming after financial loss. Dee teaches her audiences how to break down barriers and blocks to success. She motivates and instill confidence, while giving practical tips and techniques with the programs she's designed: DEE'S KEYS TO SUCCESS! Let her help you unleash your team's super powers.

### Her programs are perfect for:

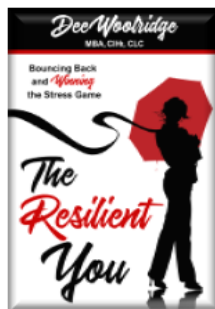
- Conventions and conferences
- Breakout meetings and workshops
- Sales and customer service training
- Leadership and team building
- Kick-offs and training events
- Coaching and retreats

## Accelerate Your Success and Unleash Your Super Powers with Dee's Thought Provoking Books!



### Unlimited – Break Free from Beliefs that Block Success and Happiness

Shows you how to identify your core negative beliefs, then gives you strategies on how to clear them for a thriving life.



### The Resilient You: Bouncing Back and Winning the Stress Game

Provides you with tools to use to help become more resilient and live a comfortable and anxiety-free life.



## LCDR Dee Woolridge, Public Affairs Officer, USN (Ret.)

Commander Woolridge served on the communication integration team for Afghanistan and Iraq, led Sailors at the command level, and mentored and trained many more throughout her career in the U.S. Navy. She brings those leadership, resilience and success mindset "super powers" from the Navy to your team to make a bigger, bolder, difference in your organization.

### Testimonials

*Dee was an amazing speaker. She helped me learn to deal with stress during a time of change. I would rate her presentation and training exceptional!"*

Texas Dept. of Family and Protective Services

*I loved the energy level that Dee brought. She brought everyone together as a team. Her lessons on team building, communication and emotional control during stressful situations were priceless.*

City of Schertz

The delivery of the training was superb. Mrs. Woolridge was very well prepared, and she brought the fun! I enjoyed this training!

Southwest Research Institute

**Find out why Dee is the partner you need to get the result you want!**

**Book Dee today!**  
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