

CAPABILITIES AND OFFERINGS SUMMARY

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EXECUTIVE SUMMARY

Control Chaos is a certified Women Owned Small Business that...

- Offers facilitated evidence-based workshops and leadership.
- Leads a high-impact cohort-based leadership program.
- Simplifies complex concepts for easy understanding.
- Transforms abstract knowledge into practical strategies.
- Provides curated resource materials and ongoing engagement.
- Empowers individuals to find balance through small behavior changes.

Outcome – greater productivity, performance, and well-being!

EVIDENCE-BASED WORKSHOPS

Super-Productive: Exceptional Focus and Productivity

This session helps individuals effectively prioritize how they spend their time. By managing distractions, participants can maintain a greater focus on their most challenging work. Individuals learn how to maximize planning so they can reduce decision fatigue and respond with greater flexibility and resilience to changing priorities. A discussion of how to create new habits enables individuals to translate strategies into action. This course is targeted towards audiences with extreme demands on their time.

Managing Your Stress Mindset

Adopting a stress-is-enhancing mindset can improve performance and alleviate anxiety. Scientific research has shown that short interventions that frame stress-is-enhancing can lead to a change in the body's physiological response and better health. The aim of this workshop is to help participants change their stress response to maximize performance. The course includes a variety of in-the-moment stress reducing strategies as well as long-term actions to manage stress.

These sessions are 90-minutes. Workshops can be held in-person or virtually.

Each workshop includes five one-minute follow-up videos that reinforce key concepts.

EVIDENCE-BASED WORKSHOPS

(continued)

Building High Performance Teams: Increasing Psychological Safety and Trust

In this engaging session, participants discover the transformative power of psychological safety and its pivotal role in fostering a high performing team. We will unravel the true essence of psychological safety, dispelling any misconceptions that may hinder its cultivation. A hands-on group exercise will leave individuals equipped with invaluable skills. Participants will learn the art of active listening, free from judgment, and embrace a mindset that fosters trust and encourages vulnerability.

At the core of psychological safety lies a solid foundation of trust. We will explore the fundamental elements of trust, uncovering the behaviors that fortify or fracture trust in each dimension. We will collectively identify actionable steps your team can take to reinforce trust and cultivate a climate of psychological safety. This session promises to be an immersive experience, brimming with practical takeaways and thought-provoking discussions.

This program is a half day in person or two x 90-minute sessions if held virtually.

This workshop includes five one-minute follow-up videos that reinforce key concepts.



EVIDENCE-BASED WORKSHOPS

(continued)

Increasing the Pie: Improving Negotiation Outcomes for All Parties

Battlefield tactics are no longer effective. We must create value and focus on mutually beneficial outcomes to foster and maintain long-term relationships. This is true in formal negotiations as well as every day challenging conversations. This highly interactive program, including case studies, is geared towards individuals interested in gaining confidence in influencing others and building consensus.

Participants will:

- Gain an understanding of effective negotiating tactics and tailored strategies
- Recognize the significance of building relationships and leveraging emotional intelligence
- Gain a competitive edge by utilizing a comprehensive preparation template
- Skillfully identify their BATNA to develop optimal solutions and achieve desired outcomes
- Cultivate mindfulness and active listening techniques for successful negotiations

This program is a unique opportunity to unlock greater possibilities. It enables participants to seize the chance for better outcomes in both negotiations and difficult conversations.

This program is a half day in person or two x 90-minute sessions if held virtually.

This workshop includes five one-minute follow-up videos that reinforce key concepts.

BUILDING YOUR LEADERSHIP TOOLKIT

A Six-Month Program to Explore and Develop the Exceptional Leader Within

This six-month leadership program uses a cohort model (up to 10 participants). It combines training, group coaching, and individual coaching and fosters an intimate, supportive network that endures beyond the program. Past participants demonstrated a 25% increase in Leadership Efficacy (the belief that they have the skills and tools to lead effectively.)

The 75-minute sessions every two weeks are optimized for maximum impact. A new topic is introduced, the group discusses it, and each individual commits to how they will put the concept into action.

Practicing skills between sessions is how participants step into their leadership and explore their unique leadership style. In addition to the group sessions, participants are provided two individual coaching sessions to address specific challenges and concerns.

Details of this program can be found in a separate document.

This workshop includes one-minute follow-up videos, sent between sessions, that reinforce key concepts.

ONGOING LEARNING

There is no charge for the videos or weekly text messaging.

One-Minute Videos:

For each workshop, five **Danzger Learning Minute videos** are emailed (one every two weeks) to reinforce content and keep participants engaged with what they learned in workshops.

Tap Links to View



Multitasking

Stress vs Overwhelm

Psychological Safety

Tuesday Tips:

Subscribers receive a productivity tip each Tuesday via text. Each small strategy has a big impact and subscribers can opt out at any time. No sales, just strategies!



Scan QR code

To sign up, **scan QR code** above or text **PRODUCTIVE** to 646-846-5200.



Sharon has a unique approach to coaching that I found to be refreshing and effective. She has a wealth of knowledge and experience...and she was able to share this expertise in a way that was easy to understand and apply.

Sharon has a talent for bringing out the best in people and helping them to reach their full potential. I would highly recommend Sharon to anyone looking to advance their career or achieve their professional goals and overall personal wellness.

-Engineering Manager,
Microsoft



LEADERSHIP COACHING

Research indicates that individual coaching enhances resilience, well-being and goal attainment. Sharon's coaching provides a semi-structured approach to support clients in achieving their goals through deliberate, incremental changes, regularly scheduled sessions (via Zoom), and ongoing accountability.

Why Sharon Danzger?

Sharon brings a distinctive blend of academic expertise and specialized skills to offer clients a powerful combination of productivity consulting and leadership coaching. By utilizing the principles of traditional coaching, Sharon helps clients gain a deeper understanding of themselves and overcome obstacles that hinder their progress towards their goals. Complementing this approach, she offers practical strategies that can be easily implemented to enhance productivity, work performance, and overall well-being. Throughout the coaching journey, Sharon fosters a collaborative partnership with her clients, offering accountability and support to ensure their success.



I was so impressed by Sharon's ability to engage and challenge a wide range of students - from young managers to heads of entire divisions at large corporations.

The course encouraged me to take an honest look at my leadership skills, clarify my leadership goals, and stretched my understanding of what it takes to be a leader that people want to follow.

-Leader, National Network of Dental Providers



WHAT PEOPLE ARE SAYING...



Fantastic session. The live polling kept everyone engaged and the content was great. The takeaway notes were really helpful.

-Employee, Financial Institution



AMAZING. Favorite session of training and **incredibly valuable.** Please bring her back!

-Banker



I learned a lot about skills used in negotiation – not necessarily the ones I used to think were most important – **preparation, emotional intelligence, and that it's okay to be empathetic and assertive at the same time.**

- Attorney



(Sharon) always empathized with the ever-changing situations...shaping my thoughts through practical tips, backed up by academic research. It was truly impressive the speed at which she developed a deep understanding of complex organizational interplays... **She is a rare blend of an authentic, smart and compassionate human being.**

- VP, American Express



Probably **the most interesting/enjoyable session, the speaker was fantastic.** The presentation was very relevant for us, especially given the amount of stress we deal with on a daily basis, so to learn a bit about mindfulness was very helpful.

- Associate, Global Bank



Having Sharon as my Executive coach has been one of the most rewarding parts of my career. Sharon is thoughtful in her approach, **helped push me to a higher potential, and gave me the toolset I need to continually grow, stay accountable, and succeed.**

- Director, Salesforce



Small changes in daily behaviors can have a significant positive impact on your productivity, performance, and well-being."



ABOUT SHARON

Sharon's background in finance and positive psychology enables her to offer a compelling perspective on balancing priorities.

During the early part of her career, she worked for a global financial services company, gaining experience in commercial real estate, corporate finance underwriting, and corporate social responsibility.

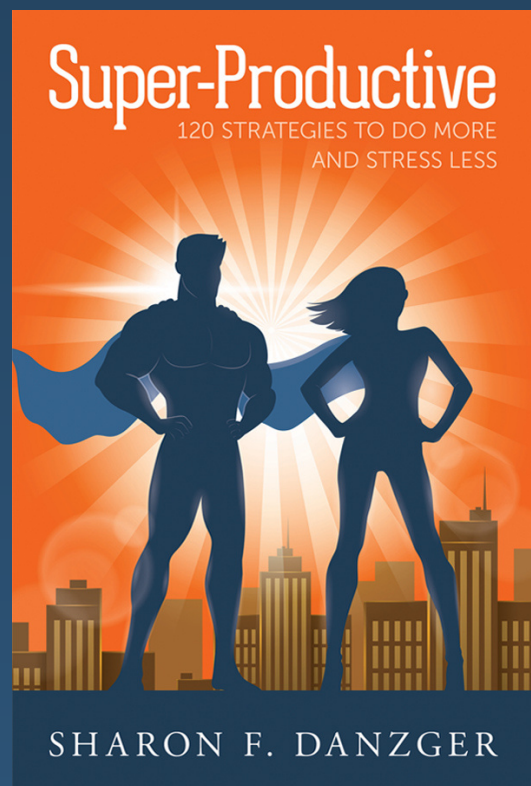
Despite an innate talent for organization and productivity, she also encountered the feeling of being stuck in 'neutral' without a true sense of fulfillment. Through dedicated self-exploration and a commitment to the study and practice of positive psychology, she was able to make small changes that shifted her to a growth mindset, more optimism, and greater well-being.

As a coach and workshop facilitator, she empowers clients to find a balance between productivity, performance, and well-being.

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CREDENTIALS



- Author, *Super-Productive: 120 Strategies to Do More and Stress Less.*
- BS in Economics, Wharton, UPenn
- MS in Real Estate Finance, NYU
- Master in Applied Positive Psychology, UPenn
- Guest Lecturer, Columbia Executive MBA
- Assistant Instructor, UPenn Master in Applied Positive Psychology
- CFA, CLU, ChFC
- PCC coaching accreditation, International Coach Federation
- Certificates: Harvard Program on Negotiation, Fearless Organization
Scan, Trust at Work



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