

Rosalind Wiseman

Internationally acclaimed speaker, author, and expert on youth culture and bullying prevention, dedicated to fostering leadership and emotional intelligence in young people.



Speaker Bio

Rosalind Wiseman is a distinguished professional keynote speaker renowned for her expertise in leadership, culture, conflict resolution, and youth empowerment. Through her compelling presentations at corporate and educational events, Rosalind challenges audiences to embrace the power of dignity to build courage, connection, and community.

As a thought leader, writer, and advisor, Rosalind has significantly influenced various sectors. She serves as a senior leadership consultant at the US State Department's Office for Overseas Schools, impacting over 195 schools worldwide. Additionally, she consults at the Texas Science Behavior and Mind Institute and has contributed to the upcoming book, *10 to 25: A Groundbreaking Approach to Leading the Next Generation and Making Your Own Life Easier*, set for publication in August 2024.

Rosalind is the author of nine books, including the New York Times bestsellers *Queen Bees and Wannabes* and *Masterminds & Wingmen*. Her latest book, *Courageous Discomfort*, co-authored with Shanterra McBride, was released in 2022 and tackles conversations about race and

racism. These works have solidified her reputation as a leading voice in addressing complex social dynamics.

Her insights are regularly sought by national media, including The New York Times, The Washington Post, and USA Today. She frequently appears on major platforms such as the Today Show, CNN, Good Morning America, and NPR affiliates, offering expertise on principled leadership and youth culture.

Rosalind has captivated audiences worldwide, speaking at prestigious events such as South by Southwest, Microsoft, UBS, The Royal Society for the Arts, the Association for the Advancement of International Education, the Game Developers Conference, the American Association of School Administrators, and the White House.

Currently, Rosalind is a board member of the Johnson Depression Center at CU Anschutz Medical Center. Originally from Washington, D.C., she now resides in Boulder, Colorado, continuing her mission to inspire and educate through the transformative power of dignity.



My topics...

From Respect to Dignity

Rewriting Our Invisible Operating Systems

We can be the people we aspire to be and have the relationships we want in our families, places of work, and communities. We can define and hold ourselves to high expectations and care for our emotional capacity and mental health.

Join Rosalind Wiseman as she shows us how to embrace the power of dignity to build courage, connection, and community. In this inspiring presentation filled with (un)common sense and humor, Rosalind shares powerful insights to living a principled life. With this path to keep our thoughts and actions on course, we maintain a sense of purpose, meaning, and capacity no matter what comes our way.

Audience Takeaways:

- ▶ Defining the difference between respect and dignity to transform relationships
- ▶ Defining the Invisible Operating System
- ▶ Understanding how the Invisible Operating System influences communication in conflict
- ▶ Identifying the key components to successfully communicate in difficult or uncomfortable interactions
- ▶ Engaging in a powerful way forward in one's most important relationships at home and work

Beyond Mean Girls

Empowering Women to Thrive in Work and Life

While there is so much intention and effort to empower women in the workplace, we are missing an essential understanding of the challenges women still face: moving beyond the social conditioning we thought we left behind in our adolescence.

Without realizing why, we can struggle to advocate

for ourselves or communicate assertively; we avoid necessary but difficult conversations because we fear coming across as mean and uncooperative. Until we acknowledge this deep rooted social conditioning, we will sabotage our best efforts to empower, mentor, and support each other. Work doesn't have to be like middle school. We can change our patterns. We can increase our capacity and potential individually and in our professional partnerships.

Audience Takeaways:

- ▶ Discovering how to redefine the "rules" around anger and transform it into a powerful tool during moments of conflict
- ▶ Gaining the skills to advocate for yourself with confidence and capability
- ▶ Learning how to navigate group dynamics, especially when not everyone is contributing equally
- ▶ Mastering the art of standing up for yourself
- ▶ Embracing your inherent authority and stepping into leadership roles with generosity and confidence.

Courageous Discomfort

Having Brave, Life-Changing Conversations

We live in a time where it can feel too hard, too frightening for some of us to step into these moments and make a difference. This presentation shows you how to have honest conversations that usually silence most of us or in which only a few people dominate.

Audience Takeaways:

- ▶ Recognizing the difference between a curious question and a question that intensifies conflict
- ▶ Strengthening skills to receive or give feedback
- ▶ Realizing the connection between emotional regulation, emotional hijacking, and boundaries



My topics...

- ▶ Transforming people's discomfort into meaningful productive interactions

Every Moment Counts

Building Leadership Through Challenge and Conflict

People are asking for, and sometimes demanding, leadership roles in new and innovative ways. But few of us have the skills to apply "leadership moments" when it matters most. Rosalind shares how to transform leadership challenges and crisis into moments of inspiration.

Audience Takeaways:

- ▶ Defining leadership outside of formal roles
- ▶ Showing the difference between being bossy and leadership
- ▶ Understanding how people's experiences with those in authority influence their leadership styles
- ▶ Creating a feeling of belonging in the group so people feel their contribution is valued
- ▶ Managing conflict as a leader and transforming these moments into resilience skill building experiences.



What they say...

"Rosalind does remarkable work with young people. She is a visionary in the field of student engagement and empowerment."

- President, American Community Schools - Athens, Greece

"Rosalind understands young people (and their parents and teachers), on an intuitive level more than anyone I've ever worked with."

- University of Texas at Austin Associate Professor of Psychology and Principal Investigator for the Texas Behavioral Science and Policy Institute

"Rosalind started a conversation that needed to happen, and allowed participants to remember their own "why". We are so pleased to have been able to have Rosalind be a part of this conference! Thank you!"

- Deputy Director, Substance Abuse & Addiction Recovery Alliance of Virginia (SAARA)

"Rosalind Wiseman, who so insightfully explained the world of girls in Queen Bees and Wannabes, has done it again . . . Masterminds and Wingmen is an essential guide - not just for parents but anyone who wants to better understand their own childhood and its impact."

- Anderson Cooper

"The responses to your session have been overwhelmingly positive, with most attendees ranking your session as a 5 out of 5."

- Nueva Innovative Learning Conference