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Camille Preston, Ph.D., P.C.C.



Focus:

Advisor to Top Performing Executives | Leadership Coach | Public Speaking | Author

Education:

B.A. Psychology & Art Williams College
M.A. Psychology - University of Virginia
Ph.D. Psychology - University of Virginia

Background:

Dr. Camille Preston is an expert in leadership, management, productivity, and engagement. She understands that to thrive, contemporary organizations must have the agility to evolve and innovate. She draws on a unique blend of high energy, humor, powerful reflections, and experience to deliver her message and engage individuals and organizations. Participants leave Dr.

Preston's keynotes, training sessions, and individual coaching sessions with actionable insights on how to begin optimizing their work and life. Her presentation topics include:

Igniting from Within: Engaging Employees to Drive Innovation and Sustainability

By authentically and purposefully addressing employees' well-being and happiness, companies discover a powerful tool to ignite the passion needed to drive innovation and sustainability. Discover ways to create an environment that delivers faster and better results while engaging everyone from frontline staff to executives.

Leader as Coach: Build a Team that Supports, Enables and Re-thinks Communication & Collaboration

Leaders who are effective coaches foster higher performance, see greater returns on investment, and report higher employee retention rates. Discover Camille's five tips for coaching colleagues, managers, and clients to be their best.

Get in the Flow: Deliver Peak Performance

Discover how to access your state of flow—that amazing feeling of being “in the zone” and performing at your peak. Learn how technology impacts your brain, the science behind optimizing performance, and five actionable strategies for experiencing more flow in everything you do. Also, discover how to promote flow on your team and how to reap the benefits of generating a flowfocused workplace.

Rewired for Results: Work Smarter and Live Better

A growing body of research suggests that digital technologies are changing how we act, interact, live, and think. Understand how digital technologies impact us and how we can leverage them to be happier, more productive, and even less distracted. Learn how to unwire, regain clarity and focus, set boundaries, and establish effective systems to be more productive and fulfilled. This workshop will give you the insights and tools needed to ensure your technologies are working for not against you.

To book Camille Preston or for more information on finding the right speaker for your event please contact us on our website at www.hspeakers.com or call us at 857.770.1281.

