

Dr. Robin Buckley

- Professional speaker
 - Workshops
 - Webinars
 - Keynote
- Leadership coach
- Author



Leaders and employees are dealing with unprecedented levels of uncertainty, stress, and anxiety. These elevated levels of dysfunction create detrimental effects on innovation, problem solving, and productivity, resulting in organizations which are unstable and struggling. Applying evidence-based strategies from cognitive behavioral research will support leaders and teams in managing the thoughts, emotions, and behaviors undermining them. Ultimately by applying CBT, optimal functioning is achieved, individually and organizationally.

Cognitive Behavioral Tactics (CBT) in the Workplace

Dr. Robin has a two-step approach to elevate the functioning of your organization and people:

- **WORKSHOP:** As the foundation for strategic development, the workshop provides interactive education and practice regarding specific cognitive behavioral tactics. Experiences are built into the workshop with direct application to individual learning and execution.
- **COACHING:** Focused sessions are dedicated to eliminate cognitive blocks that hinder performance and to develop cognitive behavioral tactics to improve functioning.

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Package A: The Workshop

The workshop is an opportunity for participants to learn concrete cognitive behavioral tactics for themselves and for use within their teams. The goal is to teach participants how to control thoughts which undermine their optimal functioning, creating enhanced focus, problem solving, and innovation. Learning is enhanced through the use of interactive technology and paired with opportunities for practice and skill development during the workshop. The workshop can be offered as a 6-hour in-person event, or as six 1-hour webinars.

Package B: The Workshop + Small Group Coaching

Following the workshop, participants are organized into small groups (3-5 members) to participate in group coaching. In the 50-minute coaching sessions, participants discuss common challenges to optimal functioning, and obtain additional practice implementing cognitive behavioral tactics to strengthen learning from the workshop.

Package C: The Workshop + Individual Coaching

Following the workshop, participants are scheduled for individual coaching sessions. During the 30-minute sessions, participants receive coaching regarding their unique challenges and their individualized goals, learning to apply cognitive behavioral tactics to achieve these goals. This package results in accelerated and specialized application of CBT.

Dr. Robin earned her PhD in clinical psychology and is a certified Executive Coach. This combination of perspectives creates powerful connections bridging the gap between optimal brain functioning and corporate behaviors. By integrating these evidence-based strategies, Dr. Robin gets clients to achieve goals efficiently. With over 20 years in the field, Dr. Robin's expertise combining psychological and coaching approaches is what makes her clients' experiences actionable and successful.