

Betty Johnson, PhD, Founder & President

Leadership & Change Expert | Author | Speaker
Researcher | Facilitator & Trainer
Executive Coach | NYU Professor



With 30 years' corporate experience, a PhD in Leadership and Change, and research-proven methods, Dr. Betty Johnson helps leaders and their teams bridge the difference from where they are now to what they want—and get it done *together*.

Her book, ***Making Virtual Work: How to Build Performance and Relationships***, provides a surprisingly practical and straightforward process any leader can use to stop the drain and get the highest gain from every minute spent in a virtual or hybrid meeting.



★★★★★ *Dr. Johnson has spent decades studying leadership and empathy, and here she tells us in just one hour what to do so we get more done, build better relationships, and get rid of those useless video meetings that waste so much time.—Marshall Goldsmith*

Betty's **keynote speaker presentations** weave research findings with practical leadership tips to improve performance. Using gentle humor and her wealth of experience, she empowers leaders and teams to take positive action the same day.

MOST REQUESTED SPEAKER TOPICS

- The simple recipe that makes virtual and hybrid work
- The dignity practices that transform employee experience and create loyalty
- Three steps savvy leaders take during tough times to get more done *and* foster wellbeing
- Five questions wise leaders ask to engage and propel people to higher performance
- How to step out of the drama triangle to get what you want through and with people

Betty's academic **research projects** examine how inclusive practices enable leaders to generate higher accomplishment and positive relationships in their work.

Video Meetings in a Pandemic Era: Emotional Exhaustion, Stressors, and Coping This mixed-methods exploratory study published in 2021 addresses the scientific knowledge gap about video meetings as a source of emotional labor.

Dignity at Work This mix-methods exploratory study reveals how everyday practices affirming or violating employee dignity either support or disable organizational success. Findings to be published Q4 2022.

Contact us.

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**Betty's expertise includes:**

- Career advancement
- Change-readiness
- Communication skills
- Conflict / problem resolution
- Dignity at work
- Diversity, equity, and inclusion
- Empathy as a performance builder
- Influencing skills
- Meeting science
- Participatory management
- Relationship-building strategies
- Remote work
- Team dynamics
- Well-being: individuals and teams

Betty's clients include business, government, and non-profit organizations in the U.S., Canada, Germany, Mexico, the Dominican Republic, and the Caribbean. With **more than 600 leadership and change engagements**, among her clients are:

- Avanos Medical
- Aviva Insurance
- Atrium Health
- Bank of America
- Chemence
- CitiGroup
- Deloitte
- Ecolab
- Federal Reserve Bank
- Fiserv
- Halyard Health
- HSBC
- Kaiser Permanente
- MetLife
- Michelin
- Novelis
- Southern Company
- TD Ameritrade

Betty designs, implements, conducts, and measures the ROI of her firm's solutions: **Team to Win®**, **Intentional Meetings®**, **Mindful Influence®**, **Align to Transform®**, and the **Diversity Equity & Inclusion** suite. All are based on current neuroscience, social sciences, and wellbeing research to help leaders and teams get from where they are now to where they want to be. Each is customized to organizational goals and creates higher group performance, efficiency, trust, accountability, and positive relationships. In addition, Betty also occasionally facilitates live, open-enrollment virtual workshops.

★★★★★ *Betty brought a fresh perspective to leadership for me to learn from. I appreciated her thoughtfulness and scientific approach to things. I also liked how she challenged my thinking and allowed me to see a different perspective.*—**Managing Director, Multi-National Professional Services Firm**

★★★★★ *I greatly admire Betty Johnson's work and her approach to working with teams to help them improve not just their productivity but learning so much about themselves and how they contribute to the bigger picture.*—**Senior Vice President, Financial Services Organization**

As an **adjunct professor at New York University** in the Human Capital Management Department (School of Professional Studies), Betty teaches students the principles and practices of inclusive leadership, team coaching, and academic research methods.

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