

DINA DENHAM SMITH

Author | Speaker



www.dinadsmith.com



MY PHILOSOPHY

I understand that you're looking for a speaker who delivers real impact—not just entertainment. You also want someone who can speak directly to your group's unique challenges and needs.

That's why I work closely with event organizers to ensure my talk helps you achieve your specific goals—whether it's developing more effective and influential leaders, equipping them to navigate the emotional demands of leadership, or strengthening resilience within your teams.

My keynotes blend fascinating scientific research with real world examples and practical strategies that your audience can implement right away. Your attendees will leave empowered with new insights and tools and inspired to take action.

I look forward to creating a great event with you.

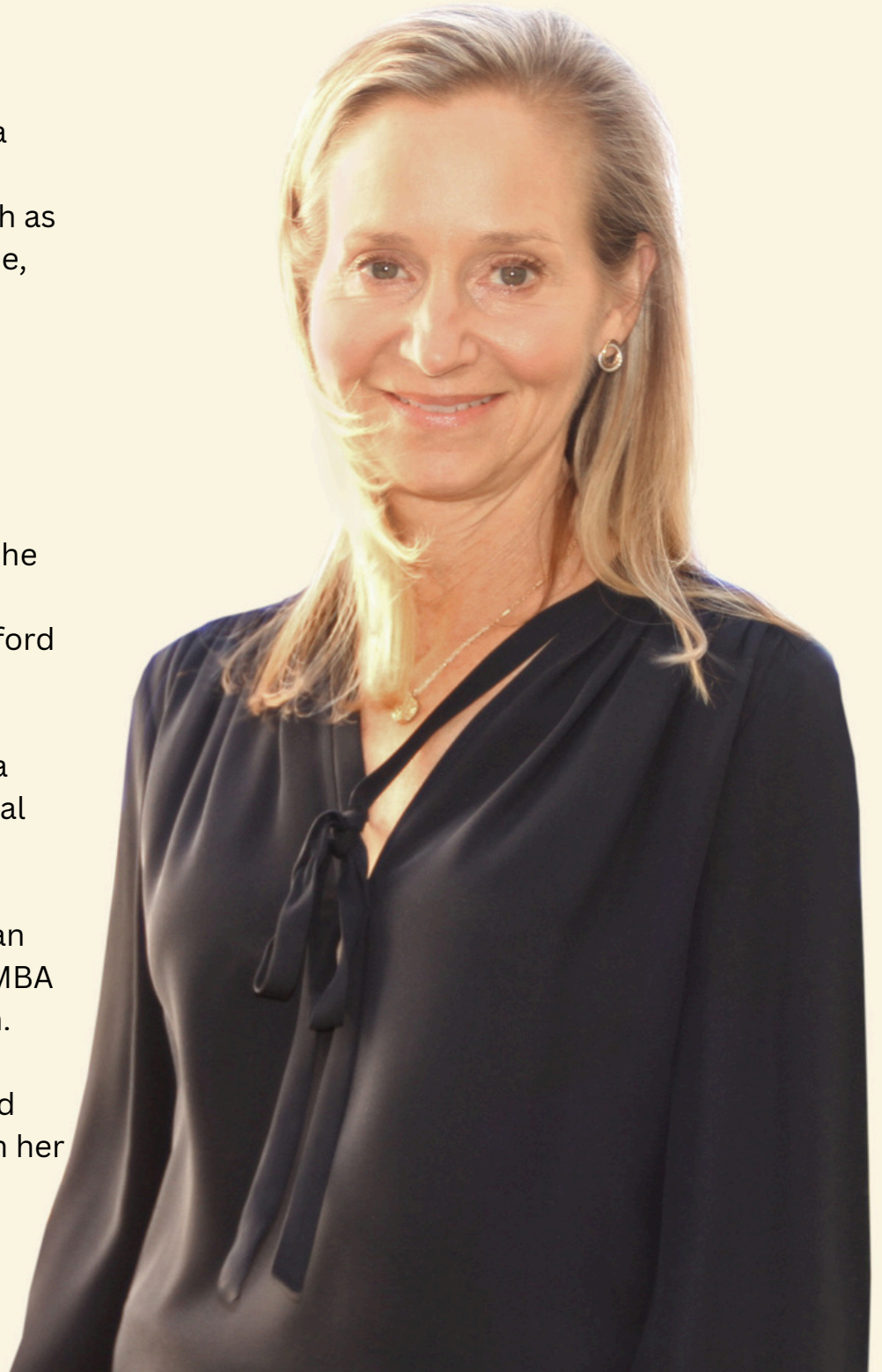
ABOUT DINA

Dina is a seasoned leader and executive coach with a 25+ year proven track record of helping people and teams excel. Her clients include premier brands such as Adobe, Netflix, PwC, Sephora, Gilead, Dropbox, Stripe, and numerous high-growth companies.

Dina has written over 60 articles on leadership and career success for publications like the Harvard Business Review and is frequently featured in international media outlets such as the Wall Street Journal, Business Insider, Newsweek, and the BBC. She is the author of the best-selling book *Emotionally Charged: How to Lead in the New World of Work* (Oxford University Press, 2025).

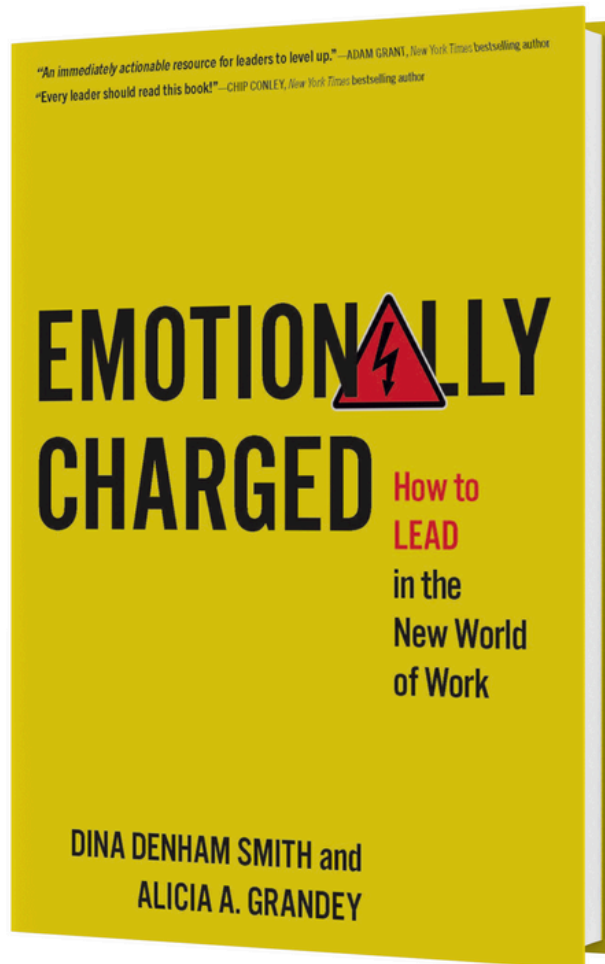
Prior to starting her practice, Dina served as EVP at a private equity firm and was a top executive at a digital marketing agency. She was also a management consultant with PwC, helping companies scale and implement large-scale strategic change. Dina holds an MS in Industrial/ Organizational Psychology and an MBA with high distinction from the University of Michigan.

Outside of work, Dina is a competitive equestrian and loves to ski, read, and enjoy great food and wine with her family and friends.



DINA'S BOOK

Proven strategies for navigating the emotional complexities leaders face today



“Grounded in the latest evidence and informed by extensive practical experience, Emotionally Charged is an immediately actionable resource for leaders to level up their emotional skills.” - **Adam Grant, #1 NYT bestselling author and host of the TED podcast WorkLife**

“This is an essential read for leaders who value kindness and want to enhance organizational performance. It offers powerful insights and practical tools that resonate deeply, especially for those of us who have experienced the challenges of hybrid teams and are striving to lead effectively in a new business paradigm.” - **Sarah Friar, CFO, Open AI; former CEO, NextDoor**

Emotionally Charged will inspire you to think differently about how you lead. The perfect blend of hands-on coaching advice and scientific insights, it's a powerful guide to managing interpersonal complexities and steering your team (and yourself!) to greater heights. If you read just one book this year, make it this one!” - **BJ Jenkins, President, Palo Alto Networks**

“An invaluable resource for today’s leaders. Grounded in research and deeply practical, this book can help anyone be more effective and more fulfilled at work.” - **Amy Edmondson, Harvard Business School; bestselling author of The Right Kind of Wrong and The Fearless Organization**

AS SEEN IN

Dina and her work have been featured in the following media outlets



**Harvard
Business
Review**



Forbes

THE WALL STREET JOURNAL.

**BUSINESS
INSIDER**



OXFORD
UNIVERSITY PRESS

FAST COMPANY

Newsweek

DINA'S KEYNOTES

How to Manage the Emotional Labor of Leadership

The modern workplace has changed dramatically, placing unprecedented emotional demands on leaders. They're expected to safeguard their teams' mental health and burnout (while managing their own), inspire a distributed workforce, champion AI while easing job security fears, and show endless empathy—all while delivering results.

This emotional labor isn't just exhausting—it's unsustainable without the right tools. Left unaddressed, it leads to burnout, disengagement, lower performance, health consequences, and higher turnover.

Blending science with real-world insights, Dina reveals the hidden emotional toll of leadership and, more importantly, equips you with powerful, practical strategies to manage it.

What you'll gain:

- A deeper understanding of the emotional labor of leadership
- Research-backed strategies to prevent burnout and protect your well-being
- Tools to lead with empathy without sacrificing effectiveness

Mastering the Art and Science of Effective Influence

Influence isn't about authority—it's about your relationships, credibility, and approach. Are you using right strategies to get buy-in, drive action, and inspire change?

Whether you're introducing a bold new idea, driving change, closing deals, or rallying your team, your ability to influence others at work is the key to success. Without it, even the best strategies and ideas can fall flat. Drawing from real-world leadership insights and cutting-edge research, Dina unpacks the psychology behind influence and equips you with a powerful, actionable framework to expand your impact.

What you'll gain:

- The key principles that drive effective influence—and how to apply them
- Five distinct influencing strategies and when to use each one
- Techniques to adapt your approach to different audiences and objectives
- A simple, repeatable process to increase your influence and impact





DINA'S KEYNOTES

Strengthening Resilience in Yourself and Your Teams

Resilience isn't just about bouncing back—it's about growing stronger in the face of challenge and adversity. For senior leaders, it's especially critical. Your ability to stay grounded in today's fast-paced, high-pressure world directly affects your performance and well-being—and in turn, shapes your team's resilience and the broader organizational climate.

Drawing on the latest research, Dina will challenge you to rethink resilience—not as a fixed trait, but as a skill you can strengthen. You'll walk away with science-backed strategies to build resilience in yourself and your team, without adding more to your plate.

What you'll gain:

- A clear understanding of what resilience really is
- Research-based strategies to boost your resilience across five key pillars
- Practical tools to cultivate greater resilience in your teams

Build a Powerful Network - Without Losing Yourself

We all know networking is essential for our professional success—but how do you do it in a way that is both effective and feels authentic? How do you strengthen your professional network without feeling transactional or forced?

In this engaging talk, Dina draws on psychology and network science to demystify networking. She'll show you how to overcome common barriers, strategically expand your network, and cultivate meaningful connections that align with who you are.

What you'll gain:

- Practical strategies to overcome common obstacles to networking
- A blueprint for building your powerful personal board of directors
- Insights on unlocking the hidden value in your existing network
- Tools to shape your network to achieve your professional goals

CLIENTS



SPEAKING TESTIMONIALS

"Dina provided important, memorable, and actionable items that were applicable to all levels of her audience. Dina's talk was a great opportunity for the audience to learn important strategies for building and strengthening their networks."

ExxonMobil

"Dina's talk about strategic influence helped our founders navigate and address challenges in different and positive ways. She led an enlightening conversation that spanned business and life and provided tools to address the challenges head-on. Dina offered abundant support, wise counsel, and actionable takeaways - we feel lucky that she came to speak!"

Uncork Capital

"During a recent meeting of executives representing pediatric healthcare fundraising organizations, Dina presented on The Emotional Labor of Being a Leader - How to Manage It, and I felt seen. Never before have the expectations of leaders by their employees been so high than these last couple of years, and Dina gets it. Even better, she offered strategies to deal with it. At the end of Dina's presentation, I had strategies to apply that will help me be a better leader for my organization."

Children's Hospital of Pittsburg

"Dina! You were such an awesome speaker! Keep doing you!"

PwC

"Dina presented a highly valuable summary of influence strategies drawn from well-founded theory and research. Dina's presentation condensed that theory into a condensed easy to remember format. We look forward to having Dina deliver this again in the future!"

UC Berkeley

"Dina offered a great mix of experience and empathy grounded in training and clearly framed the ways in which resilience can be built. What's more, she connected instantly with the audience - even over Zoom, she created an environment where CEOs that didn't know each other felt comfortable jumping in and adding their own experiences to the conversation."

M13 Ventures

"I had the pleasure of hosting Dina as the speaker for a program for the UniCredit Bank Austria Leadership Team. Dina's language and her way of presentation let her connect easily with real experiences of leaders. Her presentation about emotional-labor empowered and helped our leaders to overcome the dilemma between high performance and emotional health."

UniCredit Bank Austria

TO BOOK

All talks are available in person or virtually, and are modifiable into workshops and more interactive experiences. Speaking fees vary accordingly.

Please email me at dina@cognitascoaching.com with any questions, to schedule a time to discuss the event further, or to confirm a booking.

I look forward to collaborating with you and creating a great event.

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