



## Nina Spencer, Speaker, Author, Coach



### Synopsis for Keynote: *Getting Passion Out of Your Profession*

Are you aware of how you are perceived by those you coach, colleagues and others with whom you interact? Do you know *how* to demonstrate your positive attitude, impressive communication and coaching skills, as well as enlightened leadership competencies, but find these coveted traits aren't coming through as well *lately* because hard-slogging days, and workplace stressors and politics, get the best of you? And even if you *are* one of the lucky ones who continue to truly *love* what they do for a living, *how* do you intend to sustain that enthusiasm through all your days ahead? How do you intend to inspire *students* to do the same? You're more likely to feel *passion* for your profession and coaching contributions if you practice *and lead* specific attitudinal and behavioural skills. With messages as welcome as a good belly laugh and as profound as a good look in the mirror, Nina's highly interactive and fun presentation gives you a "time out" for reconnecting with your *original* passion for the good coaching and teaching work you perform. Expect regular infusions of humour, as well as "stickable and do-able today" content as *Nina* offers insightful, amusing and practical advice, tips and techniques for fortifying your coaching passion and abilities, to heighten team harmony and further build enthused energized, and engaged teams. And the BONUS? ☺ *Nina's messages apply to your private, day-to-day life too because, "wherever you go... there you are!*

Nina will gladly make herself available for questions and book signings after her presentation.



*Nina Spencer*  
BUSINESS KEYNOTES AND WORKSHOPS

To reach Nina call 416-588-3334 or e-mail [nina@ninaspencer.com](mailto:nina@ninaspencer.com)

### Attending OFSAA Members Will Learn How to:

- Choose specific language to positively shift/influence attitude and behaviour in self, teams, colleagues and others.
- Identify, acknowledge and confidently declare professional self-worth/what they bring to their coaching table.
- Foster a sense of humour for their own spirit and passion, as well as that of their teams.
- Modify perspective, (and show their teams how to do the same) to successfully deal with *changeable* “weather.”
- Identify strategies for protecting and maintaining physical and emotional energy, especially when stressed.
- Cut themselves some slack and persevere during trying times of rough coaching patches.
- Identify creative ways to stay in touch with their circle of influence, and expand that circle.
- Regularly/nurture & grow professional connections and networks within their teams & DSBs.
- Recognize the importance of attending conferences and other professionally focused events (such as those hosted by the OFSAA!), to keep in touch with other enthusiastic, energized coaches in their DSB and beyond, as another source for sustaining passion for their profession.

Why? Because...

*Life is change, and work/coaching is change,  
but passion for your profession and extra-curricular contributions,  
and a sincere desire to work in the best of harmony with students/team members, and fellow  
coaches and colleagues, is optional... and each one of us gets to choose.*

So...

*Make your choice adventurous stranger; strike the bell and bide the danger.  
Or wonder 'til it drives you mad, what would have followed if you had?*

(C.S. Lewis, *The Chronicles of Narnia: Book 1: The Magician's Nephew*)



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## Biography

An in-demand keynote speaker with numerous Ontario District School Boards—for frontline, teaching, and vice-principal/principal staff conferences—Nina is a Toronto-based international keynote speaker, workshop facilitator, speaker's coach and Canadian bestselling author of *Getting Passion out of Your Profession: How to keep loving your living come what may*. Dubbed by the National Post as, "One of Canada's leading motivational speakers," she has also been profiled in print media such as The Globe and Mail, Macleans, Huffington Post, Reader's Digest, Toronto Star and Chatelaine Magazines, and has appeared on CTV's Report on Business, Workopolis TV, CITY TV News and Breakfast Television, as well as CBC Radio, CFRB/Newstalk 1010 and Zoomer Radio AM 740. Additionally Nina appeared as a weekly radio personality on Bell Media's 1150 CKOC in 2014 and 2015 delivering *Monday Morning Motivational Moments*, and as recurring "Guru Gab" host for Biz TV Canada. Holding an Honours Degree in psychology from York University, and with a corporate background in HR/Organizational Development, Nina keenly offers her 20+ years of keynote speaker expertise to her audiences each time out. On top of this, and of *particular* interest to our association perhaps, at one time Nina was a (professional figure skating) coach herself, and also coached sports to community children (via Parks and Recreation for The City of Toronto) through her senior years in high school and throughout her university experience. Her latest book is entitled *A Time to Creep, A Time to Soar: Lessons learned for work and life from climbing Kilimanjaro*.

**Nina invites you to “visit” her ahead of time, and welcomes you to drop a line of “hello!,” too, if you’d like, by visiting:**

**<http://www.ninaspencer.com>**