



**SHIYEN SHU,** MSc.OT, H.BSc., PMP, CYT

## SPEAKER PRESS KIT

### **INSPIRATION AND INNOVATION FROM EXPERIENCED HEALTHCARE SPEAKERS**

Providing on-site training for your leaders is a fast and economical way to bring your entire team up to speed on the industry's hottest topics and create organization wide urgency to execute change. Huron's speakers and authors bring up-to-the-minute knowledge from their work in healthcare organizations across the U.S. and beyond.

We are more than a speakers' bureau. Our speakers are results-driven performance experts who are directly involved in crafting solutions to some of your most pressing problems, including financial challenges, patient safety and quality, pay for performance, and more.

Prior to your event, Huron's speakers and support teamwork side-by-side with you to develop a fully customized presentation to meet your needs, regardless of the topic, size of your group, or purpose of the training. From physician retreats to Leadership Development Institutes (LDIs) to senior leader meetings, Huron speakers deliver the perfect balance of inspiration and education for every audience.



**HURON**



# Shiyen Shu

## EXECUTIVE COACH & NATIONAL SPEAKER

Shiyen Shu is a highly regarded and in-demand speaker, thought leader and certified executive coach, with a passion for serving the healthcare industry. She was recently featured in the Top 200 Biggest Voices in Leadership in 2023 by leadersHum. In 2022, she received the Queen's Platinum Jubilee Award for her work and service.

Born and raised in Mumbai, India, Shiyen brings a fascinating and diverse perspective to everything she does. She received a Hons.BSc. (Kinesiology) from McMaster University, and an MSc.OT from the University of Toronto. She lives in Mississauga, Canada, where she serves as President-Elect for the Board of the Ontario Society of Occupational Therapists. She is married to her high school best friend and is a proud mother to Myrah and Maliya.

## PROFESSIONAL EXPERIENCE

Shiyen started her career on the frontlines as an Occupational Therapist, serving some of the most vulnerable populations, and quickly progressed to leadership roles, leading strategic projects and large teams. As the host and curator of the first of its kind show "Lessons in Leadership and Life", she has created a valued resource of leadership lessons for healthcare leaders. As a professional speaker, she has shared the stage with legendary leaders such as Jack Canfield (co-author of Chicken Soup for the Soul series).

Prior to joining Huron, Shiyen founded Dream Dare Lead Inc., an organization committed to helping create better leaders in the healthcare industry. She draws upon her unique skill set of certifications in executive coaching, leadership and organizational development, project management, neuroscience, cognitive-behavioural therapy, yoga and meditation, to create a truly holistic and empowering approach.

## INDUSTRY SPEAKING ENGAGEMENTS

- Renal Administrative Leaders Network of Ontario
- Thriving in Healthcare: Purpose-driven Leadership
- Toronto Stroke Network
- Professional Development Conference for Immigrants
- Canadian College of Healthcare Leaders
- Re-imagining Healthcare Leadership: Strengthening your Culture
- Alzheimer's Society of Durham Region
- Ontario Association of Social Workers

## EDUCATION AND CERTIFICATIONS

- Certified Executive Coach
- Certified Visionary Leadership Coach
- Certified LEADS Coach & Facilitator
- MSc.OT, University of Toronto
- Hon.BSc(Kin), McMaster University
- Project Management Professional (PMP)
- Certified Yoga and Meditation Teacher (CYT)
- Cognitive-Behavioural Therapy Certification
- Positive Intelligence Coach Training
- Certified Neuroscience of Change Coach

- Certified Reiki Practitioner

## PROFESSIONAL ASSOCIATIONS

- President-Elect, The Ontario Society of Occupational Therapists Board
- Executive Coach & Facilitator, Canadian College of Health Leaders
- Mentor, Toronto Region Immigrant Employment Council
- Adjunct Lecturer, University of Toronto

## PUBLICATIONS/SPEAKING ENGAGEMENTS

- “Inner Peace: A powerful leadership virtue for leading amid chaos and beyond”, Huron, May 2022
- “The Ripple Effect of Humble Leadership: Unlocking your Team's Potential and Strengthening Culture”, Huron, May 2023
- “Becoming the Leader you want to be in this VUCA world”, RALNO, September 2022
- “Unleash your inner confidence: Embracing self-doubt and befriending your impostor”, OASW February 2023; Rehab Tech Summit, March 2022
- “Executive Presence: The “It” Factor”, Wings for Growth, November 2022, October 2021
- “Own your Time: Time management and productivity secrets for success”, Wings for Growth, September 2022, July 2021
- “Creating the Most Powerful You”, December 2022
- “Presence, Team Building & Psychological Safety”, Toronto Stroke Network, March 2022
- Strategic Planning and Team Building Sessions

## SIGNATURE ENGAGEMENTS

- Frequent keynote speaker at national healthcare events with average audience ratings above 9.5 on a 10-point scale
- Trusted advisor to senior leadership teams at numerous healthcare delivery organizations
- Recipient of the Queen's Platinum Jubilee Medal 2022
- Top 200 Biggest Voices in Leadership in 2023 by leadersHum

# Presentations

## Own your Time: Productivity Secrets for Success

**Audience:** All Leaders, All Healthcare Roles

**Focus:** Leadership

**Length:** Keynote, Half-day, Full Day

Everyone starts with the same number of hours – so why do some people seem to get so much more done? Best practices for time management vary from person to person based on their own unique combination of day-to-day demands. But regardless of one's personal work situation, an inability to manage time and energy can leave them feeling stressed, overwhelmed and unproductive. This workshop offers practical techniques that leaders can put to immediate use to gain control over their day, manage interruptions and distractions, and thus increase their productivity and success.

### Learning Objectives:

- Leaders will learn practical techniques and strategies to increase productivity for success
- Leaders will get clarity on their values & degree of alignment to their work, priorities, and goals
- Leaders will be able to identify tasks that are hindering their progress towards their goals & beat procrastination

## Executive Presence: The “It” Factor

**Audience:** All Leaders, All Healthcare Roles

**Focus:** Leadership

**Length:** Keynote, Half-day, Full Day

Successful leaders know how to have an impact and influence. Great leaders know how to inspire others to get excited about their vision and come along on the journey. In short, the best leaders display executive presence. Executive presence is also known as the missing link between merit and success. It is said that leaders who don't have executive presence will not progress in their careers despite having the necessary experience & qualifications. In this workshop, leaders will have an opportunity to gain a deeper understanding and awareness of their best self and begin to develop their executive presence.

### Learning Objectives:

- Leaders will gain a deeper understanding of their best self
- Leaders will be able to define & articulate their presence & alter the desired impact on others
- Leaders will learn practical strategies to enhance their presence

## Becoming the Leader you want to be in this VUCA world

**Audience:** All Leaders, All Healthcare Roles

**Focus:** Leadership

**Length:** Keynote, Half-day, Full Day

In this volatile, uncertain, complex and ambiguous environment, how does one continue to be the person and leader that they want to be? This session is for those who want to win big in life and take responsibility to create their own destiny.

### Learning Objectives:

- Help you become the person and leader you want to be in this VUCA environment
- Help you and your teams use structure to create positive change

- Learn models that you can use for upleveling your leadership and life

## Unleash your inner confidence: Embracing self-doubt and befriending your Impostor

**Audience:** All Leaders, All Healthcare Roles

**Focus:** Leadership

**Length:** Keynote, Half-day

Many of us know that feeling – the feeling you experience when you start a new job, when you get a promotion or when you receive an award. Whether it's with you all the time or only in certain situations, how do you develop a healthy relationship with self-doubt, fear, vulnerability, and failure?

### Learning Objectives:

- Audience will be able to describe the impostor cycle and process
- Audience will become aware of their own limiting beliefs holding them back
- Audience will be able to identify healthy coping strategies for themselves

## Inner Peace : A powerful leadership virtue for leading amid chaos and beyond

**Audience:** All Leaders, All Healthcare Roles

**Focus:** Leadership

**Length:** Keynote, Half-day

What if you woke up every day feeling inspired, motivated, in service, energized, and compassionate? Join us to explore and leverage the greatest thing you have - your own inner peace. Together, we'll learn how to cultivate a personal inner peace that surpasses what's going on in any given moment. After all, "A peaceful mind generates power." – Norman Vincent Peale

### Learning Objectives:

- Identify the correlation between inner peace and leadership during turbulent times
- Define keys to inner peace
- Learn strategies to cultivate inner peace

# What Organizations Are Saying

*"We just had Shiyen deliver a keynote that was very useful and helpful. It got all of us reflecting on what we can do for ourselves and our organization, and based on the reception, it was very well received and quite exceptional. It was really eye-opening. She appreciates the complexity of what we are dealing with as healthcare leaders."*

*"I felt energized after the session and excited to start implementing some of the suggestions. The session was a big confidence boost. It was a very thought-provoking session, unlike any I've participated in before- so thank you!"*

*"Warm, confident delivery with a healthy tinge of humility. Solid overview of the theory. Provocative and useful exercises/questions for us to consider. So empowering! I felt relieved and grateful."*

*"I was fortunate to attend not one but two of Shiyen's sessions. Shiyen is brilliant with her content and the style of delivery. She leaves you in a state where you want the conversations to continue for a longer time. The powerful tips she shared are forever to keep and take advantage of in the professional journey. Highly recommend!"*

*"Shiyen is an exceptionally inspirational coach and speaker. I invited her to speak at our signature annual conference, PDCI, and she impressed the audience with her insightful keynote and magnetic story telling. Over the course of the few months that I've known Shiyen, I've found her a consummate professional who sets the bar high for integrity and performance."*



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