

Dr. Glenn's Speeches

Improving Your Dialogue with Others/Learning to Listen

Dr. Saltzman uses anecdotes, allegories and illustrative and humorous examples to highlight the pitfalls facing the unskilled listener. He then provides insight to help the listener improve his or her skills. This very popular speech enhances the ability of each participant to improve their interpersonal communication skills.

Dealing with Feelings

When people talk to one another, they use many different techniques and styles. The techniques and styles we employ (most of which we don't even recognize) have a great impact on the effectiveness of our communication with others. Most conversations start with "story telling" with almost no feelings expressed, except for those feelings we may have about others.

To make changes in life, and to help others change, we need to become aware of how others express their feelings and whether or not they take ownership for their (or our) feelings. It is easier to express our feelings about others (often blaming) than about ourselves, but the latter is an important component for each of us to master if we are to help others, or, change ourselves. Dr. Saltzman will explain these important components regarding our communication

with others and provide techniques which each of us may use to learn more about ourself and others.

Five Factors of Leadership

A discussion of five important leadership factors -

- know yourself;
- read other people;
- remember psychological lessons;
- live a balanced life, and
- practice healthy messages.

Ten Sessions of Psychotherapy: Two Minutes at a Time

Ten, two-minute lessons on how to make a good life better. A look at some key ideas about how to live a happy life. Stability in life isn't an absence of problems, but rather, coping with the problems we have.

Another Ten Sessions of Psychotherapy: Two Minutes at a Time

Ten more ideas about dealing with life in general, and relationships in particular.

Another ten Sessions of Psychotherapy: Two Minutes at a Time

Dr. Saltzman completes his thirty two minute sessions of psychotherapy.

A Psychologist Looks at Leadership

Defining what makes a good leader is very difficult: some leaders are extroverted, some are introverted; some make decisions with their heads and others with their hearts; and, some leaders are very tough while others are very tender. While describing what makes a good leader is not easy, Dr. Saltzman has found that there are a number of particular psychological components present in every leader...whether they be good or bad in their leadership role.

If a person positively resolves the issues presented by these components, they will be successful...if not, they will probably fail. Dr. Saltzman explains how successful leaders turn what might be seen as personal faults into strengths, how every leader's strengths predict their weaknesses and how the poor leaders (and some good leaders) blame their weaknesses on others. Dr. Saltzman concludes his address by explaining some coaching hints which may help you be a better leader.

Turning Problems into Opportunities

If you don't have any problems, you aren't making any progress. Knowing how to solve, not avoid, problems is the secret to success. Learn how to actively master what you have passively suffered. In this talk, he systematically encourages and teaches his audience to recognize the possibilities for success in their current situations and he teaches techniques that will change today's victim into tomorrow's victor.

25 Tips on Public Speaking

Twenty-five things to remember that will help speakers with limited experience avoid problems.

Caring: It Can Cost You Your Life

Without commitment, life has a low quality, no matter the quantity of power, prestige and possessions. Dr. Saltzman moves his audience to reflect on how care combats stress and altruism cures low morale. A master storyteller, Dr. Saltzman shares the dramatic moments that have taught him the costs and rewards of caring.

The Color of Your Personality

Participants are administered the "Myers-Briggs Type Indicator" and then Dr. Saltzman leads the group in an exploration of their own personality types and engages in exercises that will lead them to a better understanding of how people differ in the way they observe the world around them, take in information, and reach decisions.

Myers-Briggs Type Indicator

Some folks don't want to attend a several hour presentation and workshop about the most widely used personality instrument in America, but would like to know more about how this instrument can identify an individual's many personality characteristics. In a 45-60 minute time block, Dr.

Saltzman explains this instrument and gives each participant an insight into their own personality type. Dr. Saltzman explains the major facets of this instrument...how we relate to one another, how we make decisions, how these decisions are affected by our thinking and feeling, and, how organized or free spirited we are ... and how these factors affect our daily lives and our relationships with everyone else.