

Shift™



OVERCOME NEGATIVITY BIAS

The real threat to performance isn't your people or your culture . . . It's biology.

Every leader and team member is hardwired with a negativity bias, an ancient survival skill that once kept humans alive but now quietly undermines trust, communication, creativity, and resilience at work.

Dr. Cindy Howard teaches organizations how to recognize this outdated operating system and use the SHIFT™ Method to rebalance perspective, strengthen connection, and build a *positivity bias* that supports performance under pressure.

DR.
Cindy!

Dr. Cindy Shows Audiences How to Shift™

Through the intentional use of language, perspective, and daily actions, Dr. Cindy equips audiences to respond to stress with clarity instead of reactivity and to move from survival mode into sustained performance.

Today's workplace runs on pressure. When stress hijacks the brain, communication suffers, trust erodes, and momentum slows. Dr. Cindy teaches teams how to interrupt this default stress response and build resilience that actually holds up in real life.

Blending neuroscience, functional medicine, and lived experience, Dr. Cindy helps audiences:

- ! **Override the brain's evolutionary negativity bias.**
- ! **Shift the language that shapes mood, meaning, and biological response.**
- ! **Reframe chaos and change into fuel for clarity and confidence.**
- ! **Build emotional and physical resilience that lasts.**

The result: Teams communicate better, recover faster, and perform more consistently—even under pressure.

Why Shift™ Works and How Dr. Cindy Knows

Dr. Cindy Howard is a performance-resilience speaker, board-certified chiropractic internist, and award-winning author who helps corporate and health care organizations strengthen communication, engagement, and well-being under pressure.

With more than 25 years of clinical experience and firsthand insight from walking through cancer, Dr. Cindy blends neuroscience, functional medicine, and practical tools to help teams recognize stress patterns, shift perspective, and perform more consistently in today's demanding work environments.

Known for her relatable style, credibility, and humor, Dr. Cindy equips audiences with science-backed strategies they can apply immediately and long after the keynote ends.



What Clients Are Saying

“Dr. Cindy changed the way we look at adversity. The conversations on our team feel different, sound different; we’re empowered. As individuals, we’re learning about the important connection between our well-being and work and how to reframe negativity and turn it into action. Book Cindy for your next event if you want a message that motivates and resonates.”

—Kristi Hudson, CPCO, vice president of business relations, ChiroHealth USA

Happy Clients



As Seen On



DR. Cindy!

Reach Dr. Cindy Directly

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