

LEADERSHIP CPR™: REVIVING & THRIVING WITHOUT MORE STRIVING

Putting Emotional Intelligence Into Action

Bruce Berlin

SESSION SUMMARY

As the future of work continues to evolve, organizations face a critical challenge: how to elevate performance and engagement without further depleting the leaders and teams expected to deliver results.

Emotional intelligence is widely recognized as essential to effective leadership, yet many leaders struggle to translate it into consistent, everyday behaviors amid constant change and competing priorities. The true advantage lies not in knowing emotional intelligence—but in putting it into action in ways that humanize leadership and move teams from emotional exhaustion to exhilarating engagement—without adding to already full workloads.

In this inspiring and practical keynote, Bruce Berlin introduces the E3 Emotional Energy Method™, a sustainable, human-centered leadership framework that operationalizes emotional intelligence by strengthening three essential human drivers: Identity, Purpose, and Belonging. Drawing on more than 35 years of leadership experience, Bruce reveals why burnout and disengagement are not failures of effort, but signals of depleted emotional energy—and how leaders can restore that energy through simple shifts in focused attention, rather than adding additional work.

This session equips leaders at every level to humanize leadership at scale—creating a lasting advantage for people, culture, and performance in today’s demanding work environment.

WHY THIS KEYNOTE MATTERS

This keynote equips leaders at every level to humanize leadership at scale—without adding to already full workloads—by turning emotional intelligence into practical, everyday leadership behaviors that elevate engagement and restore emotional energy.

LEARNING OBJECTIVES

Translate emotional intelligence into action by applying human-centered leadership behaviors that strengthen employees’ senses of identity, purpose, and belonging—without increasing workloads.

Recognize the root causes of emotional exhaustion and disengagement and apply practical strategies to restore emotional energy and elevate engagement at both the leader and team level.

Apply the E3 Emotional Energy Method™ as a sustainable framework for humanizing leadership, strengthening connection, and building resilient, engaged teams united around shared purpose and priorities.

Bruce Berlin

Live Well by Leading Well

Founder & Chief Experience Officer, Prioriteams
Creator, E3 Emotional Energy Method™



BIO

With over 35 years of leadership experience across the healthcare and hospitality industries, Bruce Berlin has dedicated his career to helping leaders and teams thrive in environments often defined by pressure, change, and emotional exhaustion.

As the Founder and Chief Experience Officer of Prioriteams and the creator of the E3 Emotional Energy Method™, Bruce is known for turning emotionally exhausted leaders and disengaged teams into energized, connected, and purpose-driven cultures.

Bruce's work is grounded in a powerful insight: burnout and disengagement are not failures of effort—they are signals of depleted emotional energy. Through the E3 Method, Bruce helps leaders operationalize emotional intelligence by strengthening three essential drivers: Identity, Purpose, and Belonging. His approach equips leaders with practical, human-centered strategies that integrate seamlessly into everyday leadership moments—without adding to already full workloads.

A dynamic and relatable keynote speaker, Bruce blends research-backed insight, real-world leadership experience, and authentic storytelling to help leaders at every level humanize work while driving meaningful, sustainable outcomes.

His message resonates across industries because it addresses both sides of the leadership challenge—elevating team engagement while restoring leaders' own energy and well-being.

Bruce's passion and mission are to help leaders live well by leading well. He does this by humanizing workplace cultures where people are emotionally connected, united around shared purpose and priorities, and genuinely care for and support one another.

SPEAKER RATINGS AND TESTIMONIALS

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