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Meredith Gardner is the founder and president of **The Strategic Edge**, a New York City based international management consulting firm specializing in management/executive training and development programs.

Gardner is a host and guest on radio programs including *Bloomberg News*, *Wall Street Journal Radio Network*, and *Voice of America*. She hosts her own radio program on WGBB 1240 AM.

She is also a speaker at retreats, conferences and conventions. Current speech topics include: The Human Side of Change, New Leadership for a New Millennium, Teamwork: It Takes All types, Taming the Beast, Ten Commitments to Excel, Rolling with the Punches of Change, and Who's Behind the Technology.

The Strategic Edge Programs include:

➤ **One on one coaching (*Specializes in difficult/ high visibility people and irritating situations*)**

This customized program incorporates three areas which impact each other:

Interpersonal skills
Management/Leadership style
Presentation skills

Participants learn to take responsibility for the consequences of their behavior and to be more effective in the workplace.

Group Programs:

➤ **Teambuilding Program**

This program strengthens teams so they can work more harmoniously toward common goals. Team members see each other differently while learning tolerance and true team spirit.

➤ **Leadership Program**

Participants gain greater clarity about themselves by increasing their understanding of their own strengths and limitations. The program includes both personal exploration and practical leadership competencies.

➤ **How to Deal with Difficult People**

This interactive program teaches new coping strategies to overcome negative behavior.

Participants learn to be more adept at identifying and dealing with difficult people. The participants will also have less stress and anxiety as they face challenging situations.

Other group programs include:

- **Impact of Technology on Relationships**
Raises awareness about the human needs which technology strips away.
- **Stress Management/Time Management**
Uncovers techniques that change attitudes and turn stress around enabling greater productivity.
- **Communication**
Introduces the art of keeping an open mind and listening without being judgmental.
- **Dealing with Change**
Studies the “change cycle” of shock, fear, resistance, and acceptance while learning to manage changes of attitude and behavior.
- **Conflict Resolution**
Teaches participants how to solve the problems which create disharmony.
- **Vision and Values**
Reduces ambiguity about the direction of the company as well as determining standards and behaviors for the culture.
- **Clarifying Roles and Goals**
Defines job descriptions and interprets expectations.
- **Performance Management**
Stresses greater productivity through personality and skills such as clarifying responsibilities, setting objectives, coaching and building a trusting environment.
- **Strategic Planning**
Provides the opportunity to build a strategic model and to solve problems using collaboration.
- **Presentation Skills**
Reinforces what your personality “type” brings to a presentation and how to position, organize, and present with style.
- **Coaching**
Teaches skills such as giving praise, developing rapport, building trust, and delivering constructive feedback.
- **Trust**
Enhances knowledge of the trust process by taking specific steps to master rapport, values, time and evidence.
- **Ten Commitments of Leadership**
Identifies the ingredients for achievement including upholding values facing reality and trust.
- ❖ **Facilitation**

Sparks creative energy and keeps your structure on track. By creating an atmosphere of communication and trust, conflict is reduced and consensus is built.

- ❖ **Business to Business Relationship and Retention Program
(Customer Relationship Management)**

Builds and preserves business connections through individual and group interventions. Alliances are improved to guarantee

repeat business.

Clients include:

*American Express Bank
Bantam Doubleday Dell
Blue Cross Blue Shield of Florida
CBS
Chase Manhattan Bank
Citibank
Con Edison
The Conference Board
Dun & Bradstreet
Equitable Life
IBM*

*Maersk Data USA
Merrill Lynch
MetLife
Miss America Organization
Mt. Sinai Hospital
Mutual of New York
Nigerian Intercontinental Merchant Bank
Oracle Corporation
PricewaterhouseCoopers
The Prudential
West Point Military Academy*

Before becoming president of **The Strategic Edge**, Gardner was the Founder and Director of The International Office at Boston College. She was an executive recruiter on Wall Street, and Washington, D.C. She is also a certified trainer of Neuro Linguistic Programming (NLP) and a certified Enneagram teacher. Gardner is a graduate of the New York City Police Department Citizens' Police Academy.

She is a distinguished Toastmaster, certified by Toastmasters International, a public speaking organization. She is listed in *Who's Who of America*, *Who's Who of The World*, and *Who's Who of American Women*. Gardner is a past board member of the New York Association for Quality and Participation and the Executive Forum of New York University. She is an active member of the International Enneagram Association, Organization Development Network of Greater New York, and the MIT Enterprise Forum of New York City.

Gardner is a member of the National Academy of Television Arts and Sciences and is on the Board of Distinguished Judges for the New York Festivals, an international competition for television programming. She is a sports reporter for Women's Basketball and Boxing. Love for art is expressed through membership in the New York Art Deco Society and Beaux Arts Alliance.

She holds a Bachelor of Arts degree from New York University and a Master of Arts degree from Columbia University.