



Dr. B (aka Dr. Bridget Cooper)

Executive Coach & Consultant
Keynote Speaker & Workshop Facilitator
Media Guest (Podcast, Radio, TV)
Author

www.drbridgetcooper.com • Email: bridget@drbridgetcooper.com

About Me:

I'm a cage rattler; a coach, speaker, and author with over two decades of experience helping teams and leaders think and communicate more clearly and strategically so they can work and navigate problems proactively and effectively. I work with clients to overcome the attitudes, tactics, and patterns that derail their success through down-to-earth insights and action plans. I do this through coaching, corporate consulting, and leading workshops that guide and inspire people to live more authentic, peaceful, and powerful lives. My mission is to change the world, one life at a time. I'm an informative and engaging speaker and collaborator who revels in authentic, thought-provoking, game-changing conversations.





Signature Topics/Areas of Expertise:

Staying Unflappable • Handling Difficult People • Quieting Your Inner Critic
Productivity and Meeting Management • Public Speaking and Confidence
Tapping into Passion & Purpose • Goal Achievement and Time Management





"Dr. B was excellent! She provided easy and memorable ways to immediately start using the techniques she presented."
Employee,
State of Connecticut Judicial Branch

Social Media:

 [drbridgetcooper](https://www.linkedin.com/company/drbridgetcooper)
 [DrBridgetCooper](https://www.facebook.com/DrBridgetCooper) AND [bridget.cannoncooper](https://www.facebook.com/bridget.cannoncooper)

www.amazon.com/author/drbridgetcooper

 [Dr. Bridget Cooper](https://www.youtube.com/channel/UC...)
 [Instagram: @drbridgetcooper](https://www.instagram.com/drbridgetcooper)

TEDx talk: <https://youtu.be/XtsAuqu-Txl>



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Books/Publications:

Unflappable (2023) Empowers you to see conflicts clearly so you can address problematic people swiftly and effectively.

Pain Rebel (2020) Guides you to seeing emotional and physical pain differently and healing.

Little Landslides (2017) Uses memoir to form the foundation for a trauma recovery program.

Power Play (2016) Identifies the three organizational culture killers and addresses their solutions.

Stuck U. (2015) Walks you through the five-step change process at the personal and organizational level.

Feed the Need: Teen Edition (2014) Modifies the original communication guide for a teen audience.

Feed The Need (2013) Establishes that healthy communication and resolving conflict rests on identifying and addressing needs: ours and others.

"Dr. B's listening, prompting, pushing, and cajoling in a way that brought out the best in every attendee, resulted in action plans that ensure that our organization tackles the important issues."

Executive Director
Connecticut Society of Association Executives



"Thank you for facilitating an energized and insightful session for us. You helped to open our eyes to the possibilities we have as a unified department as we face tough and challenging times over the next few years."

Executive, Aetna



Companies I've Worked With:

Aetna
Allied World Assurance Company
American Case Management Association
Computershare
Conference of Court Public Information Officers
Connecticut Association of Boards of Education
Connecticut Society of Association Executives
Department of Defense
Draeger Medical Systems
Girl Scouts of Connecticut
Harris Computers
Infinite Equity
Kansas Judicial System

L-3 Communications
Massachusetts Association of Realtors
New Hampshire Bankers
Ohio Bankers League
Ohio University
State of New Hampshire Health & Human Services
Tree Care Industry Association
UConn Foundation
United Technologies Research Center
USA Weekend
Vietnam Veterans of America
Women in Business Summit

