

Take Back Your Remote Control™

A keynote on human energy, self-leadership and getting off autopilot.

NOW ALSO A BOOK



THE EXPERIENCE

Who has your remote?

Before Dina teaches anything, she shifts the energy in the room — music, movement, laughter. Then audiences notice who (or what) has their remote: the boss, the traffic, the group chat, the meeting that absolutely could have been an email.

Realize

what's running the show

Reclaim

what's actually yours

Regulate

help your body come back
online

Ripple

what you bring into the next
room

Includes Dina's F-It Micro Reset™ **Feel It → Find It → Free It → Flip It**

BOOK THIS WHEN...

- ◆ Your people are overwhelmed, reactive, distracted or drained.
- ◆ Too much of their energy is being dictated by everything happening around them.
- ◆ You want them to leave with practical ways to get off autopilot and respond more intentionally.

AUDIENCES LEAVE ABLE TO...

- ◆ A clearer view of what keeps pushing their buttons.
- ◆ Practical reset tools, including the F-It Micro Reset™.
- ◆ A way to separate what they can't control from what they can choose next.
- ◆ How their energy and behavior ripple into others.

FORMATS

Keynote · 45–60 min
Interactive workshop · 75–90 min
Half-day facilitated experience

BEST FOR

Company-Wide Events & Conferences
Leadership & Wellbeing Programs
Education, Municipalities & Nonprofits
Community Audiences

“Your message was inspiring but yet full of joy and excitement. I loved the approach and the execution.”

— SARAH KIRKPATRICK, PRESIDENT, TADCO ROOFING & WATERPROOFING

Help your people *take back* their remote.

KEYNOTES · INTERACTIVE WORKSHOPS · HALF-DAY EXPERIENCES · LEADERSHIP SERIES

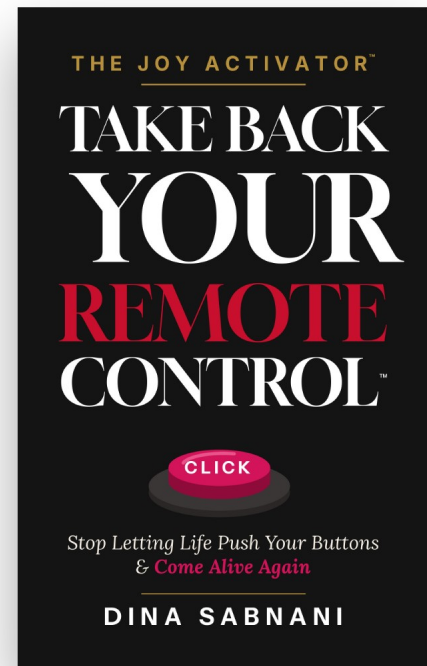
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BOOK
DINA



THE BOOK • NOW AVAILABLE

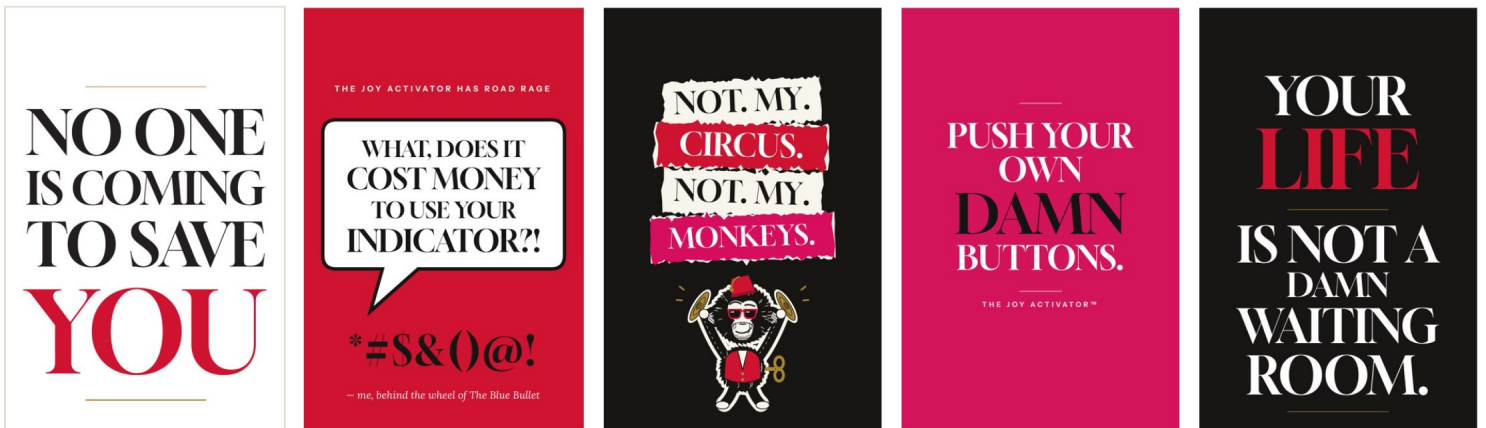
WHO THE HELL HAS YOUR REMOTE?



The boss. The traffic. The group chat. The meeting that absolutely could have been an email.
This is the book for taking your remote back — without pretending life is fabulous.

BY DINA SABNANI • THE JOY ACTIVATOR™ — WHO, FOR THE RECORD, HAS ROAD RAGE

A PEEK INSIDE



The keynote lasts an hour.

The book keeps working.

Add signed copies for your attendees as a take-home — or bring the book in for leadership follow-up, book clubs and ERGs.

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Push your own *damn* buttons.

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GET THE
BOOK



Same Humans. Different Operating Systems.™

A Take Back Your Remote Control™ leadership experience on human energy, trust, communication and workplace culture.

THE EXPERIENCE

Same workplace. Different humans.

Different assumptions about what “professional,” “urgent,” “respectful” or “good communication” even means — **that’s where unnecessary friction begins.** Dina helps leaders and teams make invisible assumptions visible and stop treating difference like dysfunction.

Generations

different eras, different “normal”

Culture

what respect, urgency & feedback mean

Trust

shared agreements beat mind-reading

Includes Dina’s **T.R.U.S.T. Principles™**

BOOK THIS WHEN...

- ◆ Your leaders or teams are spending too much energy misunderstanding each other.
- ◆ Managers don’t always know how to lead across different expectations, work styles, generations or cultures.

AUDIENCES LEAVE ABLE TO...

- ◆ A way to spot hidden assumptions before they become conflict.
- ◆ Leadership behaviors that strengthen trust, recognition and support.
- ◆ Language for generational, cultural and work-style differences — without stereotypes.
- ◆ Shared agreements that reduce mind-reading across teams.

FORMATS

Keynote · 45–60 min
Interactive workshop · 75–90 min
Half-day leadership / team experience

BEST FOR

Executives, Managers & People Leaders
HR / People & Culture
Multigenerational & Cross-Cultural Teams
Organizations Navigating Change

“*She does very well in tailoring her presentations and her message to reach all kinds of audiences.*”

— DR. JENNIFER CULBERTSON, CHIEF OF STAFF, HIDALGO COUNTY PRECINCT 4

Same humans. *Stronger* together.

KEYNOTES · INTERACTIVE WORKSHOPS · HALF-DAY EXPERIENCES · LEADERSHIP SERIES

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BOOK
DINA



Still Ambitious. Just Tired.™

A Take Back Your Remote Control™ experience for women on energy, capacity and sustainable ambition.



THE EXPERIENCE

Ambition didn't disappear. Capacity changed.

A funny, honest and deeply human experience for women who still want more — but are questioning what “more” is costing them. Dina helps women look honestly at **where their energy is going, what they're carrying simply because they can, and what still deserves their capacity.**

Invisible load

what you carry because you can

Boundaries

what you've outgrown

Reclamation

what deserves your capacity now

Not a reinvention speech. Not a menopause talk. Not another self-care checklist.

BOOK THIS WHEN...

- ◆ The women in the room are capable, accomplished and still ambitious.
- ◆ They're stretched thin by careers, families, expectations, invisible labor and years of proving they can handle it all.

AUDIENCES LEAVE ABLE TO...

- ◆ A clear distinction between ambition and chronic overextension.
- ◆ Awareness of where their energy and capacity are actually going.
- ◆ Permission to question inherited expectations and old definitions of success.
- ◆ Practical ways to create space, choice and joy — without becoming less ambitious.

FORMATS

Keynote · 45–60 min
Interactive workshop · 75–90 min
Half-day facilitated experience

BEST FOR

Women's Leadership Events & ERGs
Professional Associations & Conferences
Retreats & Wellbeing Programs
Community Organizations

“Dina is truly amazing and radiates positive energy everywhere she goes! She leaves you feeling inspired, recharged and ready to take on what's next.

— CLAUDIA MENCHACA, CEO, GIRL SCOUTS OF GREATER SOUTH TEXAS

Help her *come alive* again.

KEYNOTES · INTERACTIVE WORKSHOPS · HALF-DAY EXPERIENCES · LEADERSHIP SERIES

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BOOK
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