

Video Bio: <https://balancinglifissues.hiringplatform.com/p/pi7SGQzjFbeu/10776472-matt-zinman>

Matt Zinman is a professional speaker, author, podcast host, corporate trainer and facilitator with accreditation in communication management and employee relations. Since publishing his highly acclaimed book, “Z-isms: Insights to Live By,” he has evolved its concepts and techniques into an extensive series of innovative holistic skill-building programs that enable learners to achieve wellbeing to enhance mental performance, personal effectiveness and life enrichment.

Matt continues to advance related topics in his weekly newsletter for LinkedIn, THE BRIGHT SIDE.

He is also the host of “Insights to Live By,” a podcast featuring 100+ episodes that invites guests to share their own life lessons and expertise within the world of work along with solo shows he performs on select topics.

As a staunch advocate of work-based learning, he founded The Internship Institute in 2007, a nonprofit devoted to helping employers and students make experience matter.

His career in marketing and communication management led him in 2002 to establish his company, Z Communication, Inc., leveraging his consulting experience for nearly 100 companies including, Microsoft, Arm & Hammer, Siemens Healthcare, McDonalds, Krispy Kreme, and Bristol Myers Squibb.

Matt resides near Philadelphia with his wife, Erica and their two emerging adults, Greta and Jake. He enjoys playing ice hockey, motorcycling and being the family chef.

#### KEY TOPICS

- Mindset / Self-Discovery
- Resilience
- Presence / Mindfulness
- Depression / Burnout / Loneliness
- Fear / Anxiety / Worry
- Stress Management
- Emotional Intelligence
- Overthinking
- Work-Life Harmony
- Interpersonal Communication
- Conflict Management

- Anger Management
- Managing Time / Energy / Productivity