

Nate Regier

Next Element

Press Kit

Thank you for your interest in interviewing Nate Regier of Next Element. Our team has created a number of resources for you, including the following:

- Nate's Bio
 - Website and Social Media Links
 - Endorsements
 - Interview Resources
 - Image Gallery
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Nate Regier Bio

Nate Regier, Ph.D., is the CEO and founding owner of Next Element Consulting, a global leadership firm dedicated to bringing compassion into the workplace. Dr. Regier is a former practicing psychologist and expert in social-emotional intelligence, interpersonal communication, and leadership. Recognized as a Top 100 keynote speaker, he is a Process Communication Model® certified master trainer.

Nate is the author of three books—[*Beyond Drama: Transcending Energy Vampires*](#); [*Conflict Without Casualties: A Field Guide for Leading with Compassionate Accountability*](#); and his newest book, [*Seeing People Through: Unleash Your Leadership Potential with The Process Communication Model*](#), out in July 2020.

He hosts a podcast called [On Compassion with Dr. Nate](#), writes a weekly blog, contributes to multiple industry publications and blogs, and is a regular guest on podcasts.

Website and Social Media Links

- [Nate's Speaking Page](#)
 - [Nate's Blog](#)
 - [The Compassion Mindset's Website](#)
 - [Podcast: On Compassion with Dr. Nate](#)
 - [Next Element's YouTube Channel](#)
 - [Next Element's LinkedIn Page](#)
 - [Nate Regier's LinkedIn Page](#)
 - [Nate Regier's Twitter Page](#)
 - [Next Element's Facebook Page](#)
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Endorsements

- *"Seeing People Through is a must-read for organizations looking to create more empathy in their culture. Regier helps us see PCM as a way to create self-awareness and lead others inclusively."* — **Lisa Z. Fain**, CEO, Center for Mentoring Excellence, Co-Author of *Building Bridges for Better Mentoring*
- *"Seeing People Through helped me see myself and others through a richer lens. I'm better able to bring my full self to leadership and better equipped to help others flourish on their teams as a result of Dr. Regier's insightful book."* — **Dan Rockwell**, Author of Leadership Freak Blog, Inc Magazine's Top 50 Leadership and Management Expert
- *"Seeing People Through is a much needed leadership guide for tapping into the power of individual differences. The Process Communication Model is genius, and Regier makes it accessible and applicable to anyone who wants to include and leverage all personality types."* — **Daniel H. Pink**, Author of *When, Drive, and To Sell is Human*
- *"Dr. Nate Regier brilliantly unpacks the sophistication of the Process Communication Model in a practical and easy-to-read way, leaving the reader hungry for a deeper experience of true authentic leadership."* — **Nicole Heimann**, CEO Nicole Heimann & Partners AG, Author of *How to Develop the Authentic Leader in You*, 2019 Thinkers 50 Marshall Goldsmith Leading Global Coach Award
- *"If leading with compassion and truly seeing others is important to you, you must*

become obsessed with understanding what is ‘in’ yourself and in others. Seeing People Through will guide your journey to become the compassionate leader you imagine. The need has never been greater and it will soon become permission to play for any leader.” — **Bobby Herrera**, Author of *The Gift of Struggle*, CEO & Co-Founder of Populus Group

- *“Nate is an expert and a go-to guy for all things PCM related. Anyone who reads Seeing People Through will benefit by becoming more informed, more passionate, and more effective as a leader.”* — **Jeff King**, Head of School, MUSE School, CEO MUSE Global, Co-Author of *Beyond Drama: Transcending Energy Vampires*
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Interview Resources

Topics

- The problem with personality models and how to fix it
- Personality diversity, discrimination, and inclusion
- Compassion at work—business case and practical strategies
- Why personality agility is a lever for leadership success

Talking Points

- Learning about personality differences is a waste of time unless you learn how to communicate with each of them.
 - Leadership is the ability to leverage the diversity of individual abilities toward shared goals.
 - Authenticity is about discovering, embracing, and developing the full capacity of your personality and using that to help others do the same.
 - People won't connect with the purpose of an organization unless that purpose connects with their motivational needs.
 - Personality diversity is not an obstacle to be overcome—it is an opportunity to see more, be more, and do more.
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Image Gallery

You can select and download headshots, lifestyle shots, and logos [here](#).

Past Media Links

- [Love in Action Podcast with Marcel Schwantes](#)
 - [Take the Lead Podcast with Dr. Diane Hamilton](#)
 - [Smartbrief on Leadership](#)
 - [Manifesto on Compassion](#)
 - [Move from Diversity to Inclusion with the Compassion Mindset](#)
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Q & A with Nate Regier

- **Why did you start Next Element?**
 - I've always been an entrepreneur at heart. Even as a child, I always had some side hustle going on. After eleven years practicing clinical psychology and getting to try a variety of activities, I found my passion in consulting, facilitating and training. I saw so much need for behavioral science in the corporate world with people who would never get help in a clinical setting. With the support of several like-minded peers, we took the leap in 2008.
- **What does compassion mean to you?**
 - Most people have a limited understanding of what compassion is, and carry with them some limiting misconceptions. Compassion is the practice of demonstrating that people are valuable, capable, and responsible in every interaction. Compassion is more than empathy in action, more than alleviating suffering, more than selfless leadership. It is full engagement with other humans to create something amazing. Our purpose at Next Element is to bring more compassion to every workplace.
- **Why is compassion such an important skill for today's leaders?**
 - If you value inclusion, engagement, productive conflict, and believe in the transformative power of relationships, then compassion is the foundational skill for doing this. Compassion is what makes us human, keeps us connected, and gets us back on track when we lose our way.

- **Will you describe the Process Communication Model?**

- PCM is a behavior-based communication model that teaches people how to adapt their approach to connect, motivate, and resolve conflict with all personality types. What makes PCM unique is that it was developed based on observation and coding of actual behavior, not theories of behavior. So, it is extremely accurate in predicting behavior and guiding the most effective responses.

- **How can the process communication model help you become a better leader and/or team member?**

- Unlike most personality models, PCM emphasizes types IN people not types OF people, so it avoids the danger of labels and stereotypes and enables personality agility—the art of leveraging individual differences towards shared goals. PCM facilitates greater self-awareness, authenticity, personal responsibility, self-care, and effectiveness for leaders.

- **How did you become so interested in personality differences?**

- I grew up as the son of missionary parents in Africa. I was immersed in all kinds of diversity growing up. So, I've always been curious and open to differences. And I wasn't like my family. I never seemed to see things the same way—I wasn't motivated the same way. Only when I discovered PCM did I recognize that my personality base type, Promoter, is present in only five percent of the population. This explained so much of my past, I was hooked.

- **What does it mean to be self-ful?**

- *Self-ful* means putting your oxygen mask on before attempting to help the person beside you. It means recognizing that how you show up matters, and taking elegant care of you means you can show up ready to serve others more fully. There is nothing noble about depriving yourself, especially in the long-term, because it compromises your health and wellness and invites you to take others down with you.
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