



INTRODUCTION FOR YOUR HOST OR MC

Today's speaker is an expert in the Conscious Leadership Advantage.

She's here to share more about the benefits of purposefully leading by example to elevate performance, productivity, communication and wellbeing.

Dr Sarah is a keynote speaker, facilitator, counsellor, and coach with a doctorate in emotional intelligence. Her relatable stories distil complex research into practical and powerful takeaways. Alongside her research expertise, she draws on over two decades' experience in helping people understand the immense value of paying attention to their thoughts, feelings, and behaviour at work.

Please give a warm welcome to Dr Sarah Whyte!