



DR SARAH WHYTE

The Conscious Leadership Advantage



SPEAKING TOPICS

The Advantage of Emotions at Work

Embracing emotions for performance, productivity and profit.

- Notice and name feelings to improve communication and decision-making, and reduce stress and burnout.
- Accept rather than deflect tough feelings to be consciously driven by values, for more responsive, intentional and calm behaviour.
- Discover the value of presence not platitudes to build collaboration and trust and fuel performance.

The Advantage of Leading with Awareness

Level up your leadership through self-awareness, empathy and impact in action.

- Discover the power of self-awareness to lead with authenticity and increase effectiveness and engagement.
- Engage empathy to build trust and psychological safety for higher productivity and decreased turnover
- Leverage the ripple effect of emotional contagion to strengthen collaboration, and improve performance and organisational efficiency.

The Advantage of Getting Comfortable with Discomfort

Turn challenge into growth, perfectionism into progress, and feedback into fuel for success.

- Appreciate discomfort and uncertainty to increase organisational resilience and team performance.
- Work with your brain to overcome perfectionism or paralysis through incremental, safe steps to supercharge decision-making and productivity.
- Get curious about feedback to shift from defensiveness into learning mode and increase team engagement and retention.

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Thank you so much Sarah, your session was BRILLIANT! You got the highest-rated session of the day and the most questions too. Again, thank you and we will be in touch for our next event.

Senior Human Resources Director
APAC & EMEA Conferences for a Global Law Firm

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Sarah is an engaging speaker who empowered our audience with a new way to approach resilience. We were delighted with the positive feedback we received. A pleasure to work with, I'd recommend Sarah to any organisations looking to increase people's resilience with minimal effort.

Audrey Mitchell
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LET'S
CONNECT



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Book a time to chat



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