



# DR SARAH WHYTE

— The Conscious Leadership Advantage —



**Speaker  
Facilitator  
Counsellor  
Coach**

[www.drsarahwhyte.com](http://www.drsarahwhyte.com)

## SPEAKER

### **The Conscious Leadership Advantage**

Dr Sarah Whyte has a doctorate in emotional intelligence, where she focused on creating and testing an emotional intelligence intervention to support change. Her years of doctoral research gave her the specialist skills required to create new knowledge and become an expert in her field. She keeps up to date with research on emotion, psychology and neuroscience (which is no hardship for a massive research geek who finds emotions fascinating).



For over two decades, Dr Sarah helped thousands of people understand how their thoughts, feelings and behaviour can either elevate or undermine their performance, productivity, relationships and communication, leadership and wellbeing at work. Her fascination with the impact of working with our brain rather than against it began in her teaching career and led her to become a speaker and facilitator to reach a wider audience.

Dr Sarah's goal is to inspire leaders to lead by example and on purpose through her relatable stories that distil complex research into simple but powerful takeaways. She typically works with leaders and teams in high-pressure environments who find themselves constantly under pressure to perform at peak levels. Her audiences are held to high expectations at work and may even be at risk of burnout.

#### **The Conscious Leadership Advantage**

integrates and elevates self-management, resilience, stress management, and emotional wellness into a strategic and actionable framework. The results include clearer communication, reduced stress, and increased performance, productivity and profits.







## 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.

## TESTIMONIALS

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.

**Audrey Mitchell, Marketing Manager,  
AAM Advisory Limited**

Once again, a great session filled with very practical and easy tools! We received great feedback, and we really appreciate your contribution and assistance in making this such a successful event.

**Human Resources Director—Asia Pacific  
Global Law Firm**



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  
Global Law Firm, APAC & EMEA Conferences**







## A/V REQUIREMENTS & SUGGESTIONS IN-PERSON SPEAKING ENGAGEMENTS

To ensure the highest quality presentation possible, Sarah recommends the following:

### A/V Recommendations

<b>Laptop</b>	Sarah will bring her own MacBook Air along with HDMI and VGA adaptors for the projector. She will also bring her MacBook charger, plus the correct power adaptor when required.
<b>Slides</b>	Power Pointslides (size 16:9) loaded upon Sarah's MacBook Air. She will bring backup slides on a USB/USB-C drive.
<b>Clicker</b>	Sarah will use her own clicker to move her slides forward, so kindly requests the laptop being used is set up within clickable range (30 metres).
<b>Projector &amp; screen</b>	High-definition screens or projector (with HDMI or VGA input), visible to the whole audience.
<b>Microphone</b>	Sarah's preference is a lapel or headset microphone. If either of these options are unavailable, please provide a hand-held wireless microphone.

### Stage Recommendations

<b>Stage</b>	If possible, Sarah prefers for the stage to be clear without a lectern or chairs.
<b>Bottle of water</b>	Sarah would appreciate a bottle of water which she can access at the side of the stage.

## A/V REQUIREMENTS & SUGGESTIONS VIRTUAL SPEAKING ENGAGEMENTS

Based on Sarah's experience as a virtual presenter, she recommends the following to ensure the smooth running of every engagement:

### A/V Recommendations

- |                      |  |
|----------------------|--|
| <b>Rehearsal</b>     | Sarah recommends a short technical rehearsal at least 3 days in advance of your event, using the event platform.   |
| <b>Event support</b> | It is extremely helpful for Sarah to be able to contact at least one person dedicated to technical support during the event in case of technical issues, preferably by phone. (She has never had to use them but it's reassuring to have them on standby!) |
| <b>Slide control</b> | The audience experience is greatly enhanced when Sarah has full control over her slides.   |

### Stage Recommendations

- |                                      |  |
|--------------------------------------|--|
| <b>Laptop</b>                        | MacBook Air  |
| <b>Prezi for slides</b>              | <p>Prezi is Sarah's preferred tool to share interactive and engaging slides with your online audience.</p> <p>If Prezi is incompatible with your chosen platform, Sarah is happy to use PowerPoint slides (size 16:9) instead.</p>   |
| <b>Microphone</b>                    | Røde Wireless Go with a Røde lavalier (lapel) microphone for consistently high-quality sound.  |
| <b>Lighting</b>                      | High-quality lighting provided by two Elgato adjustable key lights.  |
| <b>Hardwired Internet connection</b> | <p>Ethernet connection ensures a reliable, stable and fast Broadband connection throughout every presentation. Internet speed is as follows:</p> <ul style="list-style-type: none"> <li>• Ping 6 ms</li> <li>• Download 831.13 Mbps</li> <li>• Upload 883.78 Mbps</li> </ul> |





## DR SARAH WHYTE BIOS

### **Short Bio** *(58 words)*

Dr. Sarah Whyte, a keynote speaker with a doctorate in emotional intelligence, helps people harness thoughts, feelings, and behaviour to enhance performance and well-being. Her Conscious Leadership Advantage framework blends evidence-based insights with deep human understanding to help people navigate complexity with clarity, compassion, and courage. Her engaging, relatable sessions are designed to build trust and transform culture.

### **Medium Bio** *(79 words)*

Dr. Sarah Whyte is a keynote speaker, facilitator, counsellor, and coach with a doctorate in emotional intelligence. She helps people harness thoughts, feelings, and behaviour to enhance performance, productivity, relationships, communication, leadership, and well-being at work.

Her Conscious Leadership Advantage framework empowers leaders to lead with purpose, resilience, and emotional wellness. Blending evidence-based insights with deep human understanding, she helps leaders navigate complexity with clarity, compassion, and courage. Her engaging, relatable sessions are designed to build trust and transform culture.

### **Long Bio** *(149 words)*

Dr. Sarah Whyte is a keynote speaker, facilitator, counsellor, and coach with a doctorate in emotional intelligence. For over two decades, she has helped individuals and teams harness the power of thoughts, feelings, and behaviour to enhance performance, productivity, relationships, communication, leadership, and well-being at work. She challenges the misconception that conscious leadership is merely a 'soft skill' and emphasises the immense value of working with the brain rather than against it.

Dr. Sarah speaks on The Conscious Leadership Advantage, a framework designed to help leaders intentionally lead by example. Her approach integrates resilience, stress management, and emotional wellness into a strategic system that promotes clearer communication, reduces stress, and drives performance, productivity, and profitability. Blending evidence-based insights with deep human understanding, Dr. Sarah helps leaders navigate complexity with clarity, compassion, and courage. Her engaging and relatable sessions combine intellect and heart, designed to build trust and transform culture.



## 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!



## LET'S CONNECT

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-  Book a time to chat
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[in](#) 