



DR SARAH WHYTE

The Conscious Leadership Advantage —



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 behavior 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.

WHAT OTHERS HAVE SAID



Once again, a great session filled with very practical and easy tools! It is so important for our staff to be mindful about these concepts, and you present the tools in a tangible and manageable way. We received great feedback, and we really appreciate your contribution and assistance in making this such a successful event.

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



Dr Sarah spoke at our Quality & Innovation Day 2025. Dr. Sarah's engaging delivery kept the audience captivated throughout her interactive session. Her personal sharing and relatable stories connected so well with our audience, and her practical tips and fresh insights helped the audience process workplace stress more effectively. Based on the overwhelmingly positive audience feedback we received, I highly recommend Dr Sarah as a speaker for other healthcare institutions.

Charmaine Chan
SingHealth Duke-NUS Institute for Patient Safety & Quality