

Dr. Sahar Yousef – Speaking Topics

Becoming Superhuman: The Science of Focus and Productivity in an Always-On, Incredibly Distracting World

In this speech, Dr. Yousef explores ways to improve focus and productivity in a world full of distractions. Drawing on the latest research in neuroscience and psychology, Yousef offers practical strategies and techniques to help individuals and teams perform at their best. Through a combination of lecture and interactive exercises, participants will learn how to manage their time and attention, increase mental clarity and endurance, and overcome common productivity pitfalls. Whether you're a busy professional, a student, or an entrepreneur, this dynamic and informative speech will provide you with the tools you need to thrive in today's fast-paced, always-on world.

Energy Management: The Overlooked Key to Sustainable High Performance

This workshop that focuses on the importance of managing one's energy levels in order to achieve long-term success. Led by Sahar Yousef, this workshop explores how individuals and teams can optimize their physical, emotional, and mental energy in order to perform at their best. Through a combination of lectures, exercises, and group discussions, participants will learn how to identify and overcome common energy drains, adopt healthy habits and routines, and develop strategies for maintaining high energy levels over time. Whether you're looking to improve your personal productivity or the performance of your team, this workshop offers valuable insights and practical tools for achieving sustainable high performance.

Every Manager Should Know About How the Brain Works

This keynote speech or workshop is designed to help managers understand the science behind how the brain functions and how it impacts behavior and decision-making. Led by Sahar Yousef, this workshop covers a range of topics, including how the brain processes information, how it responds to stress and challenges, and how it can be influenced by external factors. Through a combination of lectures, exercises, and group discussions, participants will learn how to use this knowledge to improve their own performance and the performance of their teams. Whether you're a new manager looking to build your leadership skills or an experienced manager seeking to enhance your effectiveness, this workshop offers valuable insights and practical tools for optimizing brain function in the workplace.

Take Control: How to Form Lasting Positive Habits and Routines

This session helps individuals and teams develop habits that support their goals and improve their overall performance. Led by Sahar Yousef, this workshop covers the latest research on habit formation and how to create positive routines that stick. Through a combination of lectures, exercises, and group discussions, participants will learn how to identify their current habits, set specific and achievable goals, and develop strategies for building new habits and maintaining them over time. Whether you're looking to improve your

personal productivity, the performance of your team, or your overall well-being, this workshop offers valuable insights and practical tools for taking control of your habits and routines.

Tuning the Brain for Creativity and Innovation

In this speech, Sahar helps individuals and teams tap into their creative potential and foster a culture of innovation within their organization. She'll cover the latest research on creativity and innovation, and how to stimulate and sustain these qualities in the workplace. Through a combination of lectures, exercises, and group discussions, participants will learn how to overcome mental blocks and stimulate creative thinking, how to generate and evaluate new ideas, and how to create an environment that encourages innovation. Whether you're an entrepreneur looking to drive innovation in your business, or a manager seeking to foster a culture of creativity and innovation within your team, this workshop offers valuable insights and practical tools for tuning the brain for these qualities.

The Science of Effective Leadership and Emotional Intelligence Techniques

This speech helps leaders develop their emotional intelligence and communication skills to enhance their leadership effectiveness. Sahar Yousef covers the latest research on emotional intelligence and how it impacts leadership, as well as practical techniques for improving communication and building stronger relationships. Through a combination of lectures, exercises, and group discussions, participants will learn how to effectively manage their emotions and those of others, how to communicate with clarity and empathy, and how to create a positive and productive team culture. Whether you're a new leader looking to build your skills or an experienced leader seeking to enhance your effectiveness, this workshop offers valuable insights and practical tools for improving your emotional intelligence and leadership capabilities.