

DR SARAH WHYTE

SPEAKER | EMOTIONAL RESILIENCE



Speaking Topics

From Taboo to Triumph:

Embrace tough emotions at work for increased performance, productivity and resilience

- 'Notice and name' feelings for improved stress levels, empathy and conflict negotiation.
- Accept tough feelings, rather than 'struggling and sinking', resulting in lower stress and improved performance.
- Discover the value of 'presence not platitudes' to empower people's performance through supportive relationships

Leading with Heart:

Navigate tough emotions to positively impact leaders' performance

- 'Express rather than suppress emotions' for better physical and mental health, more energy and improved self-control
- Learn to treat 'emotions as information' to reduce emotional contagion and become a more responsive leader
- Engage self-compassion for greater connection, creating psychological safety and boosting team performance

From Defensive to Developmental:

Transform the feedback process and create a candour culture

- Recognise the role of fight and flight in feedback to protect your ability to think and learn
- Realise the power of the pause in reducing stress and easing difficult emotions
- Discover the importance of the 'feelings first, feedback follows' approach for more open feedback conversations which build trust, connection and lead to action



Testimonial

"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"

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Let's connect

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 Book a time to chat

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