

SHORT BIO

49 words

Dr Sarah Whyte has a doctorate in emotional intelligence and remains a massive research geek. She works with people in high-pressure, high-performance environments to help them understand the power of emotion in psychological safety. Her relatable stories distil complex research into powerful takeaways to boost performance, productivity and communication.

MEDIUM BIO

72 words

Dr Sarah Whyte has a doctorate in emotional intelligence, for which she created an emotional intelligence intervention for change, and remains a massive research geek. With over twenty years' experience of supporting thousands of people with tough emotions, she works with people in high-pressure, high-performance environments to help them understand the power of emotion in psychological safety. Her relatable stories distil complex research into powerful takeaways to boost performance, productivity and communication.

LONG BIO

125 words

Dr Sarah Whyte has a doctorate in emotional intelligence, for which she created an emotional intelligence intervention for change and gained the specialist skills to create new knowledge and become an expert in her field. She remains a massive research geek, updating her knowledge with emotion, psychology and neuroscience research. With more than twenty years' experience of supporting thousands of people with tough emotions, first as a teacher then as a speaker and facilitator, she now works with leaders and teams in high-pressure environments which expect peak performance. Dr Sarah helps people understand the power of emotion in building psychological safety. Through relatable stories which distil complex research into simple but powerful takeaways, she supports people to boost their performance, productivity and communication.