

SPEAKER KIT

DR *SARAH* WHYTE



DR SARAH WHYTE

SPEAKER | EMOTIONAL RESILIENCE

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.



DR SARAH WHYTE



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*

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"

*Senior Human Resources Director
Global Law Firm
APAC & EMEA Conferences*

Let's connect

 sarah@drsarahwhyte.com

 Book a time to chat

 +6591681964

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.

A/V Requirements & Suggestions

In-Person Speaking Engagements

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

A/V Recommendations

Laptop	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.
Slides	PowerPoint slides (size 16:9) loaded up on Sarah's MacBook Air. She will bring backup slides on a USB/USB-C drive.
Clicker	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).
Projector & screen	High-definition screens or projector (with HDMI or VGA input), visible to the whole audience.
Microphone	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

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

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

Rehearsal	Sarah recommends a short technical rehearsal at least 3 days in advance of your event, using the event platform.
Event support	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!)
Slide control	The audience experience is greatly enhanced when Sarah has full control over her slides.

A/V Provision

Laptop	MacBook Air
Prezi for slides	<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>
Microphone	Røde Wireless Go with a Røde lavalier (lapel) microphone for consistently high-quality sound.
Lighting	High-quality lighting provided by two Elgato adjustable key lights.
Hardwired Internet connection	<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">▪ Ping 6 ms▪ Download 831.13 Mbps▪ Upload 883.78 Mbps

Our next speaker is an expert in building psychological safety through tough emotions.

She's here to share more about the benefits of leaning into emotions for boosting performance, productivity, and communication.

Dr Sarah has a doctorate in emotional intelligence and is a self-confessed research geek. Her relatable stories distil complex research into practical and powerful takeaways. Alongside her research expertise, she draws on more than twenty years of supporting thousands of people with tough emotions, well-being and resilience

Please give a warm welcome to Dr Sarah Whyte!