

# 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*