

INTRODUCTION FOR YOUR HOST OR EMCEE

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!