

# AnJenette Afridi, MA

*Dedicated to the Art and Impact of Transformative Keynotes*

At the helm of TriEdge Leadership Mindset, AnJenette brings to leadership development an unparalleled blend of scholarly depth and pragmatic acumen. A revolutionary approach, TriEdge Leadership Mindset combines elite athletes' mental toughness from leading-edge Sport Psychology, organizational excellence and team dynamics from advanced Organizational Psychology, and enhanced cognitive agility and behavioral awareness from evidence-based Cognitive Behavioral Science. This unique fusion of disciplines empowers individuals and teams to unlock their full potential, navigate challenges with resilience, and achieve peak performance in any competitive environment. By combining the best practices from these diverse fields, TriEdge Leadership Mindset provides a comprehensive framework for personal and professional growth that is unparalleled in its effectiveness.

Since 2020, AnJenette has been pursuing a Doctor of Psychology (PsyD) degree. In addition, she holds a Certificate in Industrial/Organizational Psychology (CPIOP), which has provided her with invaluable expertise in applying psychological principles to optimize workplace dynamics and maximize organizational performance. AJ's educational background is further enriched by a magna cum laude Master of Arts in Sport Psychology (MA), accompanied by a distinguished Certificate of Honor for Excellence in Master's Project Research on Motivation. In addition, AJ holds a bachelor of arts degree in Drama Education (BA) and an extensive background in performing arts. She has a deep understanding of the power of skillful communication and compelling storytelling.




## AnJenette's Education

- ▲ **PsyD - Doctor of Psychology Degree (Learner) 2020-present**
- ▲ **Certificate Industrial/Organizational Psychology (CPIOP)**
- ▲ **MA - Master of Arts Degree Sport Psychology - Magna cum Laude**
- ▲ **Distinguished Certificate of Honor for "Excellence in Master's Project Research" on Motivation.**
- ▲ **BA - Bachelor of Arts Degree - Drama Education**

## Connect with AJ

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## Professional Affiliations

American Psychological Association Associate Member  
National Speaker's Association Member  
E Speakers Member



# TriEdge Leadership Mindset

Mastery in an Unpredictable World

## AJ's Signature Keynotes



***"TriEdge Leadership Mindset: Mastery in an Unpredictable World is a fusion of scholarly rigor and real-world strategy. I deliver targeted presentations built on decades of performance experience, insights from world-class athletes, leading-edge organizational psychology, and groundbreaking cognitive behavioral science into actionable game plans."***

The transformative speaking presentations AnJenette offers span a multitude of platforms and organizational sizes—from individual virtual presentations to large-scale corporate events, all of which can be tailored as standalone keynotes or as part of a series. AJ's signature keynotes go far beyond the traditional presentation format—they are deeply researched, meticulously tailored, and highly interactive experiences designed to leave a lasting impact.

With AJ, you're not just getting a keynote speaker; you're gaining a catalyst for transformative change. Her actionable insights and strategic vision provide the tools and perspectives leaders need in today's rapidly changing work environments. Reach out to book AJ for a keynote experience that's unlike any other, uniquely tailored to meet the distinct challenges and opportunities your organization faces.

**“Introducing AJ, a consummate expert in the art of weaving together the luminous threads of optimism and logic, infused with a healthy dose of wit, resulting in a captivating elixir!”**

Listed below is one of AJ's most highly regarded keynote presentations. For further details on additional keynotes, both in virtual and onsite formats, please visit AJ's website. All presentations are available as stand-alone talks or as a series and will be tailored to your specific needs.



### **The TriEdge Playbook: Leveraging Elite Athletic Strategies for Leadership Excellence**

In the high-stakes world of elite sports, the margin for error is slim and the demand for excellence is relentless. AJ's keynote, "The TriEdge Playbook," invites leaders to harness the same high-performance strategies that propel the world's top athletes to victory. This presentation transcends the playing field to apply rigorous sport psychology principles to the realm of leadership. Participants will learn about mental toughness, strategic planning, and the relentless pursuit of excellence that defines champions. AJ, with her deep expertise in sport psychology, cognitive behavioral science, and organizational psychology offers a compelling roadmap for leaders aiming to cultivate a championship-caliber team, instill a winning culture, and achieve their organization's most ambitious goals. The TriEdge Playbook Keynote isn't just about playing the game—it's about changing it.

**“Anyone can hold the helm when the sea is calm.”**

**Publius Syrus**