

# AnJenette Afridi, MA

Visionary Keynote Speaker

*Strategic Wellbeing Meets Sustainable Peak Performance*



## Change the Game of Human Potential

Welcome to the nexus of human potential, strategic wellbeing, and sustainable peak performance. AnJenette Afridi, with her rich academic background and practical insights, stands at the forefront of both wellbeing science and performance psychology. As a visionary keynote speaker and thought leader, AJ leverages her decades of experience in Performance Psychology, Wellbeing Science, and Organizational Psychology to inspire and guide individuals and organizations. Her unique blend of academic rigor and stage presence, honed through a Bachelor of Arts in Performing Arts, enables her to captivate and influence audiences with powerful storytelling and transformative insights.

AJ's ability to engage and captivate audiences is further enhanced by her summa cum laude Master's in Sport Psychology, which includes the certificate of honor award for her thesis on motivation, and a Doctor of Psychology (PsyD) candidacy. Her education is complemented by specialized certifications in Organizational Psychology, Neuroscience for Business from MIT Sloan, and Positive Psychology from the University of Pennsylvania.

Unlock your leadership potential with actionable and manageable science-based strategies developed by TriEdge Leadership™ to optimize your focus, adaptability, and resilience. Gain clarity, boost energy, and sharpen cognitive agility to confidently navigate complex challenges. Enhance your creativity, emotional regulation, and awareness to sustain high performance and lead with unwavering courage and dedication.

Join AJ on a journey of transformation, where the science of wellbeing meets the art of sustainable performance, and discover how to turn potential into reality.

***“As an active member of the National Speakers Association and a lifelong member of the American Psychological Association, my commitment to transformative engagement through keynote speaking is unwavering. My goal transcends mere knowledge dissemination; it is to spark inspiration, catalyzing transformative thought and actionable results within the sphere of professional and organizational excellence.”***



# AJ's Visionary Keynotes

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 visionary 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 of professionals and organizations.



## **Sustained Peak Performance: A Playbook for Seasoned Leaders** *Redefining Work, Life, and Success*

AJ's keynote, *Sustained Peak Performance: A Playbook for Seasoned Leaders*, is expertly tailored to empower seasoned business leaders with advanced strategies to sustain peak performance amid the demands of high-level leadership and drive organizational success in today's fast-paced, digitally-powered business environment.

By focusing on science-based strategies, AJ provides practical tools that enhance sustained focus, adaptability, resilience, emotional regulation, and cognitive agility, enabling leaders to navigate the complexities of leadership with renewed optimism. By embracing strategic wellbeing, leaders will learn to harness their wealth of experience and wisdom to optimize energy, maintain high performance, and continue thriving amid complex challenges. This transformative keynote ensures that leaders not only avoid burnout but also develop critical skills to leverage their experience, enhance their leadership effectiveness, and lead with a renewed sense of purpose and impact.

Every presentation crafted by AJ is meticulously tailored to align with the unique needs and challenges faced by professionals and organizations, guaranteeing an impactful delivery with concrete, actionable takeaways for your audience. Please see AJ's website for additional keynotes.



**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!**

## **AJ: The Short Version**

**PsyD - Doctor of Psychology Candidate - *summa cum laude* 2020-present**

**MA - Master of Arts Degree Sport Psychology - *summa cum laude***

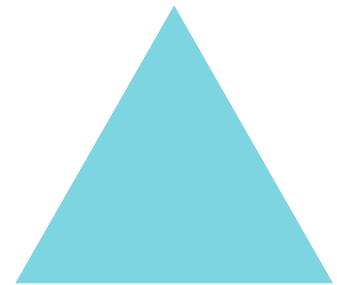
**Distinguished Certificate of Honor “Excellence in Master's Project Research” on Motivation**

**BA - Bachelor of Arts Degree - Drama & Theatre Arts**

**Organizational Psychology Certificate Cal Southern**

**Neuroscience for Business Certificate MIT Sloan**

**Positive Psychology Certificate UPenn**



## **Get in Touch With AJ**

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