

AnJenette Afridi, MA

Visionary Keynote Speaker | Performance & Wellbeing Expert | Optimistic Realist

AnJenette Afridi, MA, founder of TriEdge Leadership Mindset, is recognized for her roles as a Visionary Keynote Speaker, Performance & Wellbeing Expert, and Optimistic Realist, dedicated to the art of transformative speaking. Her keynotes, tailored to a wide range of audiences from startups to global enterprises, offer dynamic experiences that are both intimate and expansive, virtual and in-person.

AJ's sessions transcend the ordinary, evolving into in-depth masterclasses on leadership transformation. By blending the mental agility and resilience of sport psychology, the strategic depth of organizational psychology, and the holistic wellbeing from positive psychology, they forge actionable strategies ready for implementation. Envision the champion mindset of an elite athlete, the strategic foresight of a top strategist, and the vibrancy of a flourishing community combined into one potent leadership methodology. AJ delivers a unique amalgamation of theory and practice that not only enhances personal resilience and team dynamics but also elevates workplace and organizational wellbeing.

AJ's profound expertise is built on a foundation of academic excellence and enriched by her early background in the performing arts (BA in Performing Arts), enhancing her engaging delivery and storytelling. Currently advancing her expertise with a Doctor of Psychology (PsyD) since 2020, holding a magnum cum laude MA in Sport Psychology, and supported by certifications in Industrial/Organizational Psychology, Neuroscience for Business (MIT Sloan), and Positive Psychology (University of Pennsylvania), AJ crafts keynotes that captivate and influence, transforming cutting-edge research into practical leadership excellence. Her unique blend of scholarly insight and practical wisdom, rooted in performing arts and a comprehensive suite of psychology disciplines, positions her as a catalyst for meaningful change, setting the stage for leaders to thrive in today's complex business environment.



PsyD - Doctor of Psychology Degree (Learner) 2020-present

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

Distinguished Certificate of Honor "Excellence in Master's Project Research" on Motivation.

BA - Bachelor of Arts Degree - Performing Arts

**Organizational Psychology Certificate Cal Southern
Neuroscience for Business Certificate MIT Sloan
Positive Psychology Certificate UPenn**

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TriEdge Leadership Mindset

Mastery in an Unpredictable World

AJ's Visionary Keynotes



“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 leadership and organizational excellence.”

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 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 are AJ's visionary keynote presentations. For further details on her 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



The TriEdge Keystone of Performance: Promoting Workplace Wellbeing



Peak Performance Leadership: The Personal Wellbeing Imperative



Beyond the Hype: Harnessing Meditation and Mindfulness for Transformative Leadership



Unity in Diversity: The Leadership Blueprint for Inclusive Excellence and Innovation

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

Publius Syrus