

# Sahar Andrade, MB.BCh

Neuroscience-Based  
Leadership Expert |  
Keynote Speaker |  
**Forbes Coaches Council**



## Meet Sahar

Sahar Andrade, MB.BCh combines a medical degree with decades of global leadership experience.

She helps executives and organizations navigate transformation through neuroscience-backed strategies that address root causes, not symptoms.

Creator of five proprietary frameworks that move leaders from burnout to regulated, sustainable performance.

## Speaking topics

**Leadership in the Age of AI**  
Navigate AI adoption without losing humanity or burning out teams.

### **Why Great Leaders Feel Exhausted**

The neuroscience of leadership burnout

### **Building Cultures of Trust During Transformation**

Creating psychological safety and sustainable change

**Shadow AI:** The Hidden Risk Nobody's Talking About

# **Sahar Andrade, MB.BCh**

Neuroscience-Based  
Leadership Expert |  
Keynote Speaker |  
**Forbes Coaches Council**



## **What makes Sahar Different**

- Medical + Leadership Background
- Science Meets Story
- Practical Frameworks
- Global Experience (7 Countries)

## **Credentials**

- Forbes Coaches Council
- University Faculty
- Medical degree
- Certified in Neuroscience Leadership
- Multiple Award Speaker
- Top 2% Podcast

## **Past Engagement**

- Riverside County
- Los Angeles County
- Matel
- Netflix
- William Morris Endeavor
- Cedars Sinai
- Alta Med
- LA Times Conference
- LA Business Journal
- PIHRA
- USC
- UCI
- Scripps College
- Sue Talk
- United State of Women Conference
- SBA