

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

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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