



# The Neuroscience of Leadership



**Reinvention, Alignment &  
Organizational Growth**

Empowering leaders, teams, and systems  
through mindset, strategy, and  
performance.”



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**Sahar Consulting,  
LLC**



## **Section 01-** **About Sahar Consulting, LLC**

*“Empowering change from the  
inside out.”*



# About Sahar Consulting, LLC

Sahar Consulting, LLC is a globally recognized leadership and organizational development firm helping organizations elevate performance, align teams, and empower leaders from the inside out.

Led by award-winning strategist, TEDx speaker, and Forbes Coaches Council member Sahar Andrade, our firm brings over 20 years of cross-sector experience—working with government agencies, corporations, nonprofits, and educational institutions across three continents.

Our consulting, workshops, and executive coaching programs are grounded in neuroscience, emotional intelligence, and behavioral transformation. We focus on building human-centered strategies that drive real business results—without fluff, trends, or corporate jargon.

We are the creators of the ***H.E.A.R.T.™ Leadership Academy & and the D.I.A.L.O.G.™ Method***, designed to help leaders build trust, inspire teams, and navigate change with clarity and confidence.

## **Our mission is simple:**

To unlock human and organizational potential through brain-powered leadership, strategic alignment, and bold reinvention.

**Sahar Andrade, MB.BCh**





## **Section 02-**

### **Signature Service Tracks**

*“Three transformative pathways to elevate leadership, performance, and purpose.”*

## 02 – OUR SIGNATURE SERVICE TRACKS

We help organizations and leaders grow through three core service pathways, each rooted in neuroscience, strategy, and performance.

### **Leadership Reinvention**

Develop emotionally intelligent, compassionate leaders who know how to lead through complexity, connect across differences, and inspire performance. Our approach blends neuroscience, behavior mapping, and real-world tools for confident, human-centered leadership.

### **Organizational Development & Alignment**

We guide organizations to clarify their mission, build cross-functional trust, and break down silos. Through strategic planning, team coaching, and alignment facilitation, we turn confusion into clarity and potential into progress.





## 02 – OUR SIGNATURE SERVICE TRACKS

We help organizations and leaders grow through three core service pathways, each rooted in neuroscience, strategy, and performance.

### ***AI-Integrated Coaching & Innovation***

We help leaders and coaches leverage AI tools (like ChatGPT, Notion, and Canva Magic) to scale their impact without losing the human touch. These sessions and workshops are practical, ethical, and mindset-aligned—where tech meets leadership.

### ***CliftonStrengths® Coaching & Development***

We offer focused workshops and coaching to help teams and leaders identify, leverage, and align their top strengths. Whether through individual coaching, team discovery sessions, or leadership development experiences, we use CliftonStrengths® to unlock performance, improve collaboration, and elevate engagement.





## **Section 03-**

### **The H.E.A.R.T. of Leadership Academy**

*“Leadership is not a role—it’s a  
relationship.”*





# ♥ 03 – The H.E.A.R.T. of Leadership Academy

A neuroscience-based leadership development journey for emerging and established leaders.

**The H.E.A.R.T.™ Academy** is a modular leadership program that builds leaders from the inside out. Grounded in neuroscience, emotional intelligence, and CliftonStrengths, it equips participants to lead with empathy, resilience, and strategic influence—while creating alignment across teams and systems.

the program is eight modules

## **01. Transitioning from Peer to Supervisor**

Navigate role shifts with empathy and resilience while building trust and credibility.

## **02. Managing Up**


Build alignment across leadership levels and navigate hybrid team dynamics confidently.

## **03. Leaders as Coaches**

Empower team members through coaching, mentoring, and strengths-based leadership.

## **04. Advanced Communication Techniques**

Master feedback, conflict resolution, and recognition strategies using emotional intelligence.



# ♥ 03 – The H.E.A.R.T. of Leadership Academy

## **05. Bridging Generational Gaps**

Foster harmony by adapting leadership styles to multigenerational needs and strengths.

## **06. Accountability & Cultural Influence**

Create ownership, ethical leadership, and transparency using neuroscience-based insights.

## **07. Influence, Resilience & Decision-Making**

Lead through pressure using brain-based tools to stay calm, clear, and creative.

## **08. Storytelling for Organizational Alignment**

Inspire action and vision through narrative leadership that connects teams to purpose.

**The H.E.A.R.T. Academy can be delivered as a full journey or customized in standalone modules for teams and**





## **Section 04-** **Organizational Growth & Strategy** **Labs**

*“Clarity is the foundation of strategy.”*





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## 04 — ORGANIZATIONAL GROWTH & STRATEGY LABS

*Where clarity meets action—and alignment becomes measurable.*

Our Strategy Labs are high-impact sessions designed for executive teams, department leads, and cross-functional units ready to break through silos, define purpose, and lead with intention.

***Grounded in neuroscience and systems thinking***, each Lab blends facilitation, coaching, and action planning to move teams from confusion to clarity—and from planning to performance.



## 04 – ORGANIZATIONAL GROWTH & STRATEGY LABS (CONTINUED)

*Tailored, neuroscience-informed sessions that turn vision into strategy—and strategy into action.*

- ◆ ***Strategic Planning & Vision Alignment***

Co-create or refine your organization's mission, vision, and values. This lab aligns leadership and departments around a shared direction—with measurable next steps.

- ◆ ***Change Management & Organizational Readiness***

Navigate transitions with confidence. Reduce resistance, build trust, and increase engagement using neuroscience-based strategies and real-time facilitation.



## 04 – ORGANIZATIONAL GROWTH & STRATEGY LABS (CONTINUED)

*Tailored, neuroscience-informed sessions that turn vision into strategy—and strategy into action.*

### ◆ ***Performance Coaching for Managers***

Elevate mid-level leadership. Develop emotionally intelligent managers who drive accountability, communication, and outcomes through coaching—not control.

### ◆ ***Team Empowerment & Cross-Functional Trust***

Break down silos and build psychological safety. Align priorities, clarify roles, and create shared ownership that fuels collaboration and performance.

Each Lab can be delivered as a standalone experience or bundled as a transformation series—customized to meet the needs of your organization.

*Each Lab can be delivered as a standalone experience or bundled as a transformation series—customized to meet the needs of your organization.*





## **Section 05-**

### **Human-Centered Leadership Workshops**

*“Skill-building that deepens connection,  
trust, and results.”*

# 05 - HUMAN-CENTERED LEADERSHIP WORKSHOPS

*Building the skills that inspire trust, drive accountability, and deepen engagement.*

Our workshops help leaders develop emotional intelligence, strengthen interpersonal communication, and lead with clarity and compassion. Each session is grounded in neuroscience and experiential learning—turning insight into immediate action.



## **Compassionate Leadership**

Foster trust, empathy, and psychological safety to lead with integrity and influence.

## **Emotional Intelligence in Action**

Strengthen self-awareness, social skills, and regulation for more effective leadership and team relationships.

# **05 - HUMAN-CENTERED LEADERSHIP WORKSHOPS**



## **Conflict Navigation & Communication Mastery**

Approach difficult conversations with clarity, confidence, and curiosity—while resolving tension with respect.

## **Coaching Conversations for Leaders**

Build a coaching culture through everyday interactions that empower others and strengthen performance.

***Workshops can be delivered as three-hours intensives, half-day immersions, or part of larger leadership series.***

## **Leading from Within**

Tap into your strengths, mindset, and values to show up as your most grounded and authentic leadership self.

## **Bridging Generational Perspectives**

Lead diverse, multi-generational teams with flexibility, appreciation, and mutual understanding.





# **Section 06-** **The Neuroscience of Reinvention™** **Series**

*“Shift your mind. Shift your outcomes.”*



 **06 – THE NEUROSCIENCE OF REINVENTION™ SERIES**

*Shift your mind. Shift your outcomes.*


This series focuses on rewiring the beliefs and behavioral patterns that hold individuals and teams back. By combining emotional intelligence with practical neuroscience, these sessions help professionals build resilience, improve productivity, and lead with clarity—starting from within.


◆ ***Rewire Negative Thinking for High Performance***

Learn how to interrupt self-sabotage loops and replace them with empowering, action-oriented thoughts rooted in cognitive science..

◆ ***Brain-Based Confidence for Leaders***

Use visualization, posture science, and thought alignment to unlock authentic confidence—even under pressure.



 **06 — THE NEUROSCIENCE OF REINVENTION™ SERIES**

*SHift your mind. Shift your outcomes.*

◆ ***Overcoming Mental Blind Spots***

Explore how neural shortcuts (like unconscious bias and assumptions) affect judgment—and how to replace them with curiosity and clarity.

◆ ***Unlocking Personal Productivity***

Discover how to beat decision fatigue, manage your mental energy, and structure your day in line with your brain's natural rhythms.

**This series is ideal for organizations looking to boost mindset, reduce burnout, and promote sustainable self-leadership across all levels.**





## **Section 07-**

# **AI-Integrated Coaching & Innovation**

*“Where strategy meets automation—  
and leadership meets scale.”*





# 07 - AI-Integrated Coaching & Innovation



*Where strategy meets automation—and leadership meets scale.*

These workshops and coaching sessions help leaders, coaches, and entrepreneurs use AI to work smarter, not harder. We make AI approachable, ethical, and actionable—through live demos, guided prompts, and hands-on applications customized to your role or industry.

## **AI for Strategic Decision-Making**

Use tools like ChatGPT to brainstorm, scenario-plan, summarize insights, and support strategic thinking at the executive level.

## **AI for Coaches & Entrepreneurs**

Streamline branding, communication, and content creation using AI-enhanced workflows—designed to save time and spark creativity.

## **Building a Human-First AI Culture**

Integrate AI into your workplace in a way that preserves human connection, trust, and purpose. Learn how to lead conversations that calm fears and inspire innovation.



AI



**What Our  
Clients Say**

## **Section 08- Testimonials**

*“The greatest proof of impact is the voice of those transformed.”*



## 🙌 08 - Testimonials

“This was the most transformative leadership experience of my career. Sahar brings clarity, strategy, and heart.”

— *Senior Executive, County Government*

“I finally understand how to lead with empathy and still drive performance. These workshops changed how I lead.”

— *People Operations Director, Healthcare Organization*

“Sahar’s neuroscience-based approach helped our team overcome silos and communicate like never before.”

— *Department Head, Public Agency*

**Reference letters  
available upon  
request**

**Sahar Andrade, MB.BCh**





# YOUR JOURNEY HAS BEGUN

Let's Grow Together

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