



**Dr. AJ**  
**AnJenette Afridi, PsyD, MA**  
**TriEdge Leadership® Performance Medicine**  
**SCIENCE & STRATEGY OF CHAMPIONS**  
**Optimize Your Mental, Physical, Emotional Edge**

In this bold, science-driven keynote, Dr. AnJenette Afridi, PsyD, MA—aka Dr. AJ—delivers a high-impact roadmap to mastering performance under pressure. With captivating presence and real-world grit, she brings cutting-edge research to life, redefining how we think about sustainable success through Performance Medicine.

*"My keynote presentations transcend mere knowledge dissemination; it is to spark inspiration, catalyzing transformative thought, and actionable results."*

*Dr. AJ*

## Why follow the waddle? Take the lead with TriEdge.

TriEdge Leadership® Performance Medicine isn't motivation wrapped in buzzwords. It's a science-backed, strategy-driven system built to optimize your mental, physical, and emotional edge.

This talk isn't just informative; it's immersive! "TriEdge Leadership® Performance Medicine | Science & Strategy of Champions" blends bold research with compelling stories, humor, music, interactive exercises, real-time coaching, and facilitated discussion to deliver immediate takeaways. Adaptable for both virtual or in-person events—delivered as a stand-alone keynote or strategic series.

**Why Book Dr. AJ?**

Dr. AJ holds with highest honors a Doctor of Psychology (PsyD) Behavioral Science, Master of Arts Degree (MA) Sport Psychology, Organizational Psychology Certification, and 15+ years postgraduate education Harvard at Medical School. Her work reflects both rigorous academic training and decades of real-world experience in optimizing mental, physical, and emotional performance. With a unique fusion of scientific depth and stage presence, enhanced by her Bachelor's in Drama and Theatre Arts, Dr. AJ delivers engaging, transformative experiences from the stage.

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AMERICAN  
PSYCHOLOGICAL  
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Postgraduate  
Medical Education