



Dr. AnJenette Afridi, PsyD, MA

**TriEdge Leadership®
Performance Medicine**

Mindset Habits of Champions

**Turn Challenges into
Competitive Advantages**

**In this dynamic and science-driven keynote, Dr. AJ
delivers a powerful system for mastering
performance in today's pressure-filled landscape.**

*"The TriEdge Leadership® System transcends
mere knowledge dissemination; it is to spark
inspiration, catalyzing transformative
thought, and actionable results."*

Dr. AJ

 **You weren't made to toe the line. You were made to lead it.**

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

Each talk is custom-built to meet your goals... designed to ignite transformation in Executives, Entrepreneurs, Elite Athletes, Achievers, High-Performing Teams, and Organizations. Dr. AJ equips audiences with the Mindset Habits of Champions and Strategies to Turn Challenges into Competitive Advantages. **Because Peak Performance isn't a moment, it's a Mindset.**

Why Book Dr. AJ?

Dr. AJ holds a Doctor of Psychology (PsyD) Behavioral Science, Master's Degree (MA) Sport Psychology, Organizational Psychology Certification, and 15+ years postgraduate education Harvard Medical School. Her work reflects both rigorous academic training and decades of real-world experience in optimizing physical, mental, and emotional performance.

With her unique fusion of academic excellence, practical experience, and stage presence enhanced by her Bachelor's in Drama and Theatre Arts, Dr. AJ engages audiences through compelling narratives and transformative insights.

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