



Dr. AnJenette Afridi, PsyD, MA

Performance Medicine Psychologist

Keynote Speaker

Performance & Longevity Expert

SPEAKER SHEET



Sustainable High Performance

Reimagined



TriEdge Leadership® Performance Medicine

Dr. AJ delivers science-based, strategy-driven keynotes that strengthen the Biological, Psychological, and Environmental performance foundations leaders need to operate at their highest capacity.

With decades of rigorous academic training, real-world leadership insight, and a commanding presence, Dr. AJ challenges leaders to reimagine high performance as a sustainable operating system—one built for clarity, resilience, longevity, and energy that lasts.

Dr. AJ's signature system, TriEdge Leadership® Performance Medicine, integrates Behavioral Neuroscience, Performance Psychology, and Organizational Psychology into actionable, immediately applicable strategies for modern leadership.

Signature Keynote: Sustainable High Performance Reimagined

In this keynote, audiences will discover how to:

- **Strengthen biological foundations** that drive energy, stamina, recovery, and long-term capacity
- **Enhance psychological performance** to sharpen focus, accelerate decision-making, and maintain clarity under pressure
- **Optimize environmental conditions** to reduce cognitive load, increase engagement, and support sustainable productivity
- **Build adaptive leadership capacity** to thrive amid disruption, uncertainty, and rapid change

This keynote doesn't simply inform—it transforms, equipping leaders and teams with the science, systems, and tools required to sustain high performance in high-pressure environments.

Based in the heart of San Francisco and Silicon Valley, Dr. AJ is available for in-person keynotes, executive offsites, and high-stakes leadership events across the SF Bay Area and globally. She also offers virtual delivery worldwide with flexible booking, zero travel delays, and elite-level presence.





WHY CHOOSE DR. AJ

✓ Professional Stage Roots

In her early career, Dr. AJ earned a Bachelor's degree in Drama and Theatre Arts Education and founded her own theater company Bottom Line Productions—experience that laid the groundwork for her pivot into professional speaking.

✓ Science-Based, Strategy-Driven Content

Every keynote is grounded in evidence-based research and practical strategies tailored to today's executive challenges. No fluff—just actionable insights that deliver real results.

✓ Engaging, Relatable, and Actionable

Dr. AJ combines decades of academic rigor with a commanding stage presence. She doesn't just inform—she energizes, engages, and empowers leaders and teams to take meaningful action.

✓ Customizable for Your Audience

Whether addressing executive teams, high-performing departments, or all-hands events, Dr. AJ's presentations are designed to meet the unique needs of your organization and goals.

✓ Professionalism You Can Count On

Easy to work with. Conscientious. Responsive. Dr. AJ values your trust and follows through at every stage—from planning to delivery—ensuring a seamless experience for meeting planners and HR professionals.

✓ Designed for Lasting Impact

More than a talk, this is Performance Medicine in motion. Attendees leave with clear, science-based tools to sustain high-performance and drive meaningful change long after the event.

✓ Delivery Formats

Keynote Speaking, Executive Briefings, Single Talks or Series, Onsite and/or Virtual

"Dr. AJ is known for science-based insights, commanding delivery, and presentations tailored to your audience's needs."



DR. AJ'S ESSENTIALS

About

Dr. AJ is a Performance Medicine Psychologist, Keynote Speaker, Performance and Longevity Expert, and Founder of TriEdge Leadership® Performance Medicine, delivering science-based, strategy-driven keynotes that reimagine sustainable high-performance.

Education (Highest Honors)

- PsyD Doctor of Psychology
- MA Performance Psychology (Master's Project on Participation Motivation awarded the Certificate of Honor)
- BA Drama & Theatre Arts Education

Professional White Paper

- *The Performance Cost of UPFs - Why Leaders Can't Afford Ultra-Processed Fuel*
Inspired by Dr. AJ's Grounding Breaking Doctoral Research on UPFs

Professional Development

- Harvard Medical School - Postgraduate Education
Complementary Medicine (since 2008)

Professional Certifications

- Industrial & Organizational Psychology Certification
- Certified Virtual Presenter
- Certified Master Virtual Presenter (in progress)

Professional Associations

- National Speakers Association (NSA) - member
- NSA Northern California NSA/NC - member
- Toastmasters International - member
- American Psychological Association (APA) - member

General

- Based in the heart of San Francisco & Silicon Valley
- In-Person & Virtual Events Worldwide
- Single Talks or Series

Linkedin

- <https://www.linkedin.com/in/anjenetteafridi/>

Contact

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Learn more about Dr. AJ