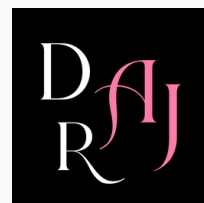




Dr. AnJenette Afridi, PsyD, MA

**Organizational Psychologist
Keynote Speaker
Certified Virtual Presenter**

SPEAKER SHEET



dr-aj.com

Sustainable High-Performance

Reimagined

TriEdge Leadership® Performance Medicine



Dr. AJ delivers science-based, strategy-driven keynotes designed to strengthen the mental, physical, and emotional performance edge of leaders and teams. With decades of rigorous academic research, real-world executive insight, and a commanding stage presence, she inspires organizations to reimagine high-performance as a sustainable standard—built for clarity, resilience, and energy that lasts.

Her signature system, TriEdge Leadership® Performance Medicine, fuses behavioral neuroscience, performance psychology, and organizational psychology into actionable strategies that can be applied immediately.

Dr. AJ's signature keynote, ***Sustainable High-Performance Reimagined***, audiences will discover how to:

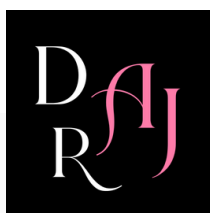
- Sharpen mental clarity and decision-making under pressure
- Build physical resilience to sustain capacity day after day
- Rewire emotional responses to thrive in demanding environments
- Harness adaptability to thrive in disruption and maintain a competitive edge

Every keynote is backed by rigorous science and delivered with real-world strategy. Drawing on her professional stage training, she blends evidence-based insights with compelling storytelling, interactive elements, and facilitated discussion.

The result is a dynamic experience that energizes audiences and equips leaders and teams with immediate, practical takeaways.

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 Bay Area. 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—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 an Organizational Psychologist, Keynote Speaker, Certified Virtual Presenter, 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 in Behavioral Science
- MA Sport & Performance Psychology (Master's Project 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

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

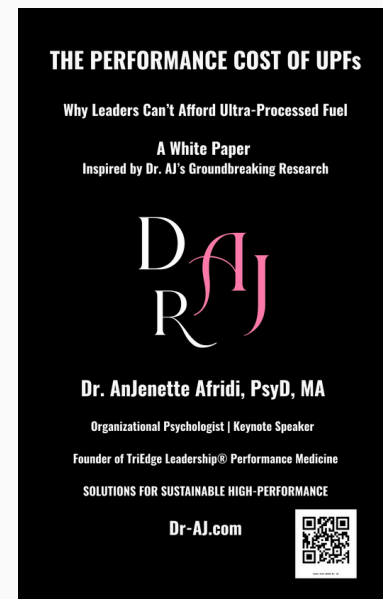
- Based in the heart of San Francisco & Silicon Valley
- In-Person & Virtual Events Worldwide
- Single Talks or Series

Linkedin

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

Contact

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Learn more about Dr. AJ