



DR. ADRIENNE YODIM MD

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Harness Your Sensitivity: Leveraging Mind-Body Practices to Lead with Intuition, Strength and Wisdom

Women today face a unique set of challenges as they strive to balance the demands of their families, communities, and professional lives. However, women possess an inherent sensitivity that enables them to attune to these competing demands with wisdom.

This keynote is designed to provide actionable strategies for enhancing health and well-being while fostering the ability to lead effectively in both personal and professional spheres.

By empowering attendees with integrative mind-body practices, this keynote will teach participants how to navigate relentless demands with strength and resilience, all while honoring their personal needs.

Key Outcomes

- Explore key components of physical, mental, and emotional well-being and their influence on health and vitality
- Learn effective strategies for balancing personal needs with professional goals
- Regulate emotional response fostering calm and clarity in high-pressure situations.
- Employ mind-body strategies to address health concerns specific to women
- Recognize that prioritizing self-care not only enhances individual potential but positively impacts collective well-being.

“a fresh perspective to the importance of self-care that is captivating, relatable and filled with practical knowledge and inspirational advice.”

Rancho La Puerta

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Fueled to Thrive: A Proven System to Fundamentally Change How Humans Nourish their Potential and Maximize Impact

In a culture that demands constant performance and productivity, we are conditioned to sacrifice personal wellbeing in order to succeed. Ironically, this neglect undermines the very success we strive for.

Those who have adopted Dr. Adrienne’s unique FUEL blueprint have achieved unprecedented impact in their organizations and beyond without sacrificing their personal health and well-being.

KEYNOTES:

- **The Nourished Leader:** A Proven System to Fundamentally Change How Leaders Fuel their Potential and Maximize Impact
- **Leading with Intention:** Empowering Women to Achieve Professional Excellence and Optimal Health and Wellbeing.
- **More Than Calories:** Understanding Hunger as a Path to Self-Discovery

SPEAKING TOPICS

- Leadership
- Inspiration | Motivation
- Health & Wellbeing
- Personal Development & Resilience

“powerful practical strategies for leadership and personal development. Her ability to engage and energize the audience ensured that her message resonated well beyond the event, leaving lasting impact.” Bank of America



Dr. Adrienne Youdim MD

Dr. Adrienne is a triple board certified physician, author, and TEDx speaker. Her decades of experience caring for executives and seasoned leaders has revealed the key to achieving professional longevity and success is through integrating our personal needs with professional demands.





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More Than Calories: Understanding Hunger as a Path to Self-Discovery

Emotional hunger is universal and is a gateway to understanding our deepest unmet needs. Accessing this inherent wisdom enhances emotional awareness catapulting personal, relational and professional growth. Through a blend of science, storytelling, and practical strategies, audiences will explore the root causes of their hunger and be inspired to take aligned action toward greater meaning, purpose and fulfillment.

Key Outcomes:

- Discern physical hunger from emotional hunger as a gateway to self-discovery
- Gain emotional awareness necessary to eliminate triggers to harmful habitual behavior
- Discover the mind-body connection between physical & emotional health
- Fosters greater self-compassion as gateway to confidence and resilience.
- Learn conscious decision-making that align with your values and goals.
- Access your inherent wisdom and live with greater intention and purpose

“Dr. Adrienne was caring, engaging, and authentic while teaching us how to elevate personal and professional health.”

City of Beverly Hills, Health and Safety Commission





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The Nourished Leader

A Science-Based Framework to Achieve Boundless Potential and Impact

Dr. Adrienne's mission is to redefine nutrition, empowering busy professionals with integrative mind-body skills and strategies that reduce reactivity, increase attunement, and tap into personal intuition. By adopting these practices, individuals cultivate resilience, agility, and adaptability to thrive in an increasingly demanding work culture. Dr. Adrienne's proven blueprint transforms professionals into intentional, purpose-driven leaders capable of navigating personal and professional pressures while fostering collaborative, mission-driven teams.

Key Organizational Outcomes

- Implementation of the 5 nutrients essential to cultivate health and wellbeing
- Learn critical strategies to bolster resilience and engagement
- Effectively manage reactivity allowing for critical thinking and decision making
- Blueprint to mitigate burnout, reduce turnover and increase professional longevity
- Build collaborative teams skilled in navigating and adapting to change.
- Leverage inherent wisdom allowing for strategic leadership and impact

“an inspiring and innovative thought leader, both educational and empowering, her humor made her incredibly relatable and her message of health and wellbeing invaluable.”

Nina Kotick, Visionary Women





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Resilient Minds:

Shift from Reactivity to Resilience Through Mind-Body Skills

Our bodies were not intended to handle the relentless modern day stressors—deadlines, parenting challenges, natural disasters and social and political turmoil. And yet, our bodies are wired to react as if each is a life-threatening danger, impacting our health, our relationships and our work.

Mind-Body skills rooted in ancient wisdom and backed by modern science have been scientifically proven to help regulate our innate response to stress and:

- Boost resilience to daily challenges
- Reduced anxiety and stagnation
- Enhance physical and mental health
- Regain focus and clarity and decision-making ability
- Strengthen personal and professional relationships
- Renew sense of purpose and direction

Skills are taught as half / full day workshops, weekly small groups (virtual or in person) or as monthly health and wellness offerings. Connect with our team to discuss how we can tailor our program to meet your needs!

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