



DR. ADRIENNE YOUDIM MD
Triple Board Certified Physician
Former Medical Director
Expert in Human Performance and Leadership

Biography (long)

Dr Adrienne Youdim is a triple board-certified physician, former medical director of the Cedars Sinai Center for Weight Loss, and TEDx speaker who helps leaders and organizations transform reactivity into clarity, composure, and purpose-driven performance. Drawing on two decades of clinical and executive experience, she bridges the science of physiology with the psychology of leadership to show how our inner state directly influences decision-making, communication, and bottom line results.

Dr. Adrienne works with senior executives, leadership teams, and high-performing professionals facing the relentless demands of modern work — constant change, pressure to perform, and the challenge of leading through uncertainty. Her message is clear: when people operate from depletion, they react; when they are nourished and aligned, they lead with intention and impact.

Her signature Hidden Hungers™ framework, uncovers the unseen drivers that shape how we perform. She identifies four forms of hunger — physical, emotional, relational, and spiritual — as indicators of unmet needs that, when ignored, lead to reactivity, conflict, and burnout. When understood and addressed, these same hungers become powerful sources of engagement, resilience, and high performance.

As a member of the Forbes Health Advisory Board, Dr. Adrienne is a trusted voice on health, resilience and leadership, and is frequently sought after by national media for her expertise. She is the author of *Hungry for More*, host of the top 2.5% globally ranked HealthBite podcast, and creator of Resilient Minds™ — a science-based framework that equips leaders with the tools to navigate personal and professional demands with clarity, composure and steadfast resolve without undermining their energy or capacity to perform.

Her science-based and deeply human approach makes her a sought-after guide for leaders committed to sustaining impact in the face of modern pressures.

Dr. Adrienne Youdim
201 South Lasky Drive
Beverly Hills, CA 90212

Write or Call
dr@dradrienneyoudim.com
(310) 462-2329