



DR. ADRIENNE YOUDIM MD
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From Reactivity to Responsive Leadership

Dr. Adrienne Youdim teaches leaders and high-performing professionals how to break reactive patterns and lead from clarity, composure, and alignment. Her work reveals how **Hidden Hungers™**—the unmet physical, emotional, relational, and spiritual needs that drive human behavior—fuel burnout, conflict, disengagement, and self-sabotage when ignored. Through evidence-based mind–body strategies and her **Resilient Minds™** framework and **FUEL Blueprint™** for sustainable performance, she helps individuals and teams stay resilient, engaged, and high-performing under pressure. Her keynotes provide a roadmap for leading from alignment rather than depletion, fostering cultures rooted in trust, collaboration, and sustainable impact.

- **Resilient Not Reactive:** Leading with Clarity, Confidence, and Agility
- **The Nourished Workplace:** A Science-Based Blueprint to Build Resilient, Engaged and High-Performing Teams
- **The Hidden Hungers:** Understanding Your Signal of Depletion and Uncover What You Need to Thrive

“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 is a triple board-certified physician and leadership expert who helps high-performing professionals transform reactivity into clarity and impact. Creator of the Hidden Hungers™ and Resilient Minds frameworks, she is a Forbes Health Advisory Board member, TEDx speaker, author of Hungry for More, and host of the globally ranked HealthBite podcast.

