



DR. ADRIENNE YOUDIM MD

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Resilient Not Reactive: Leading with Clarity, Confidence, and Agility

For leaders and high-achieving professionals

In a world defined by constant change, competing demands and the pressure to perform, leaders don't just need resilience — they need the ability to stay calm, clear, and connected. In this science-based and deeply human keynote, Dr. Adrienne Youdim, triple board-certified physician, former Medical Director at Cedars-Sinai, and certified in Mind-Body Medicine, reveals how our physiological and psychological states shape decision-making, communication, and impact.

Drawing on two decades of clinical practice and her insights on hunger and reactivity, Adrienne explains why traditional approaches to resilience fall short introducing a practical framework to lead from nourishment rather than depletion. Participants learn to recognize early signals of stress, understand how unmet "huners" drive reactive behavior, and apply evidence-based strategies to restore clarity and composure and impact.

Participants will learn to:

- Recognize signals of depletion, disengagement and reactivity that undermine effective leadership
- Learn mind-body tools to self-regulate in real-time
- Maintain cognitive clarity in times of overwhelm and uncertainty
- Shift from reactivity to grounded intention and agility
- Learn skills to lead with greater clarity, confidence, and enduring impact.



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The Nourished Workplace: A Science-Based Blueprint for Resilient, Engaged, High-Performing Teams

For organizations, leadership teams, and HR groups

Many organizations unintentionally sacrifice trust, cohesion, and shared purpose in pursuit of performance — resulting in burnout, disengagement, and turnover. In this keynote, Dr. Adrienne Youdim, triple board-certified physician, former Medical Director at Cedars-Sinai, and certified in Mind-Body Medicine, demonstrates why performance built on depletion is unsustainable and how teams thrive when communication, collaboration, and psychological safety are prioritized.

Drawing on medical science, mind-body research, and two decades supporting high-performing professionals, Adrienne offers her evidence-based FUEL Blueprint — Feed, Unwind, Energize, Lean In — a practical framework for creating truly nourished workplaces that foster engagement, alignment, and shared values.

Participants will learn to:

- Build cultures grounded in trust, communication, and shared values
- Reduce burnout and promote team vitality and cohesion
- Apply the FUEL model to strengthen collaboration and relational capacity
- Sustain high performance without sacrificing energy or engagement
- Create environments where individuals feel valued, energized, and aligned

A science-backed roadmap for cultivating resilient, mission-driven teams and future-ready organizations capable of performing consistently under pressure.





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The Hidden Hungers: Uncovering Signs of Depletion and the Tools to Thrive

For high-achieving professionals and individuals navigating demanding roles or transitions

Our need for vitality, recognition, connection, and meaning is universal — yet for high-achieving professionals, these needs are often the first to be ignored. In the pursuit of leading, caregiving, and constantly delivering, our inner hungers are pushed aside. Left unmet, they drive reactive, self-sabotaging behaviors such as overworking, overcommitting, perfectionism, and habitual numbing.

In this keynote, Dr. Adrienne Youdim, triple board-certified physician, former Medical Director at Cedars-Sinai, and certified in Mind-Body Medicine, reveals the true drivers of depletion and introduces her transformative Hidden Hungers™ Framework, reframing hunger as an intelligent signal pointing to unmet physical, emotional, relational, and spiritual needs.

By creating a pause between trigger and reaction, participants learn to understand and address these deeper hungers so they can perform at their best — not through sacrifice, but through nourishment, alignment, and empowered self-leadership.

Participants will learn to:

- Identify their physical, emotional, relational, and spiritual hungers
- Recognize unmet needs driving burnout and reactive behaviors
- Strengthen physiological and emotional regulation
- Replace judgment with self-compassion to increase agency and resilience
- Reconnect with purpose and authenticity
- Shift from depletion-driven habits to conscious, values-aligned choices