



## **MINDSHIFT LEADERSHIP**

We train you to master leadership. As Certified Brain-Based Executive Coaches, with backgrounds in medicine and management, we combine the neurosciences, psychology, strategic planning, and mindfulness techniques to empower leaders and their teams. We believe that when leaders master their mindset they cultivate transformation — for themselves, their teams and the community.

Our heart-centred, evidence-based, and mindset-powered methodology facilitates transformation from the *inside-out*.

## **THE MINDSHIFT DIFFERENCE**

We focus on integration. That means results that last and grow with you, and your team. We know leadership is not one-size-fits-all, and neither are *you*. We focus on delivering high-quality curated learning experiences to transform the way you and your team think, create, connect, and lead. [Discover more here.](#)

### **EACH PRESENTATION:**

- Comes equipped with *pre + post* session tools for optimal integration, including a *personalized formula* for transformation for each participant.
- Will be curated to *your* unique needs and speak directly to *your* community.



## DR. **YASHAR** KHOSROSHAHI, ND (INACTIVE), ACC

Yashar trains high-performing leaders to strengthen their mental emotional foundations through mindset coaching. He is a TEDx speaker on the power of self-compassion, featured guest in Dr. Mark Hyman's Broken Brain Series, a sought after public speaker, and leadership consultant. [Learn more here.](#)

### SELECTED **TESTIMONIALS**

*"knowledgeable, compassionate, engaging..."*

*"Yashar walks his talk and comes from a place of wisdom and gained experience. He empowered me to move forward with confidence and enjoy the ride. I would highly recommend him to anyone who's willing to put in the work to uncover the natural leader within themselves."*

*– Corinne Korytkowski, Brand Strategist. Futures Thinker. Content Creator*

*"I love Yashar's style! Very inviting, warm and confident! I really appreciate the balance between the scientific research and the engaging, thought-provoking activities."*

*– Una Wright, Founder, YouthSpeak Performance Charity*

*"Yashar packages a great deal of information into his presentations. He provides leaders tools for top performance and guides them to priceless insights."*

*– Jonathan Cinelli, Manager, Ozz Electric Inc.*

[Read more here.](#)

## POPULAR SPEAKER TOPICS

Yashar's uses his expertise in mental health, mindset, and peak performance to create insight inspiring presentations. He tackles topics such as, mental-emotional regulation, effective communication, authentic connection, conflict resolution, post-traumatic growth, resilience, and the power of vulnerability.

Yashar's compelling talks deliver the art and science of transformational leadership.

Speaker topics include (but are not limited to):

- The Compassionate Leader: The untold story of high performance
- All Vibes Welcome: Learning to grow through tough times
- Mindful Masculinity: Changing the Landscape of Leadership

Two popular speaker topics are:

### **THE SCIENCE OF LEADERSHIP:**

*Three powerful steps to transforming the workplace*

Learn how to drive engagement, fulfillment, and team connection with the science of leadership. This interactive presentation delivers scientific insights from the fields of neuroscience and performance psychology to help leaders cultivate a culture of transformation, innovation, and optimized performance.

*Key Topics: Leadership, Neuroscience, Transformation, Mindset, Connection*

### **YOUR BEST LEADER:**

*Leading change, and creating impact as your best self*

Discover 'Your Best Leader' and learn to embody this version of yourself, every day. Ignite your sense of purpose and motivation by learning how to unlock your three powerful psychological drivers. This interactive presentation will help you increase your fulfillment, and optimize your impact as a leader.

*Key Topics: Leadership, Neuroscience, Impact, Mindset, Purpose*

[Read articles by Yashar here.](#)