Anjum Emanuel, MSc

Keynote Speaker & Trainer | Certified Brain Coach

Sharper Focus. Higher Performance. Every Mind Included.

Keynotes & Masterclasses on Brain Health & Neurodiversity for Leaders and Teams



About Anjum

Anjum Emanuel is a keynote speaker, Certified Brain Coach and trainer with over 20 years of corporate project leadership experience. Having experienced the pressures of complex workplaces and witnessed the impact of stress and burnout, he is passionate about helping professionals think clearer, build resilience and perform at their best. Combining practical brain-health insights with real-world experience, Anjum delivers engaging, interactive sessions that equip audiences with strategies they can apply immediately.

Speaking & Training

1. Brain Health Masterclass (60 - 90 mins)

Practical, interactive masterclasses exploring how the brain responds to pressure, overload and constant change. Participants gain brain informed strategies to sharpen focus, manage cognitive overload, make clearer decisions and reduce the risk of burnout.

2. Neurodiversity at Work (60 - 90 mins)

A CPD accredited awareness session helping teams understand different ways of thinking, communicating and working, and the simple changes that help people feel supported. Teams can then go further with the Neurodiversity Champions and Managers Workshops

3. Corporate Keynotes

Relatable, interactive talks on brain health, focus, neuroinclusion, and leading through change and uncertainty. Suitable for leadership conferences, corporate events, team away days and professional development programmes.

What Audiences Are Saying

TESTIMONIALS & REVIEWS

"The feedback from the team was overwhelmingly positive. People left the session feeling inspired and empowered, and I've already seen real changes, such as colleagues embracing walking meetings and prioritizing their cognitive wellbeing."
Kate, World Food Programme, United Nations

"Anjum's course has given me a framework for developing these qualities by helping me challenge self-imposed limitations and adopt a more constructive mindset."
Jeremiah, Cybersecurity & Tech, UK

"Really eye opening and got me thinking about how I can improve my brain health by taking a few simple steps. Highly recommend."
Ahmed, IT Project Manager, Dubai

Why Book Anjum?

Over 20 years in corporate delivery and project leadership in complex public and private sector organisations, combined with training as a Certified Brain Coach and an accredited Neurodiversity Instructor. Sessions are interactive, down to earth and full of strategies people can use the same day.

CONNECT WITH ME

linkedin.com/in/AnjumEmanuel

Keynotes | Masterclasses | Workshops | Virtual & In-Person

+447914 146088

anjum@anjumemanuel.com