



## Dr Sarah Whyte

Emotional wellbeing  
and resilience

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Unboxing furniture is easy; unboxing feelings is not. Thank you for the work you're doing. You can help so many people.

*Dr Tanvi Gautam  
C-Suite Advisor*



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## Keynote Topics

**Are you prepared?**

### Emotional wellbeing for relocation

The emotional aspect of relocation is rarely supported, despite the stress and possible negative long-term impact, especially for children. Drawing on her research and experience, Sarah shares the power of emotional wellbeing in relocation.

### Emotional Equity

Sarah shares insights on gender stereotypes of emotion and their potential negative impact in the workplace. Through her 3C model, she reveals how workplaces can work toward emotional equity for both genders

### Building Emotional Resilience

Sarah distils the neuroscience of emotions to share how feelings can be engaged to build resilience. The audience take away proactive and practical strategies which they can apply to increase resilience.

## Bio

Dr Sarah Whyte supports emotional wellbeing and resilience through a blend of assessment, consultation, targeted resources and coaching. She works with families, international schools and organisations across different industries. Following her degree in psychology and masters in education, Sarah created and evaluated emotional intelligence solutions to support children in global transition for her doctorate.

### Sarah has presented at:

- TERN Travel Conference, Singapore
- Positive Schools Conference, Hong Kong
- EARCOS Leadership Conference, Bangkok
- EQ World Summit, Mumbai
- Character Development Conference, Singapore



**Dr Sarah Whyte**  
Speaker | Consultant | Facilitator | ICF Coach