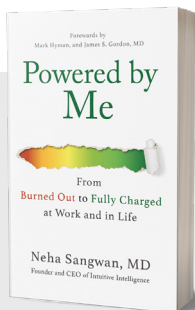


Neha Sangwan  
transforms the way  
you think, feel and act.

## Neha Sangwan, MD

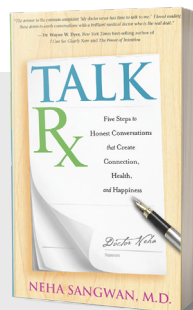
CEO and founder of Intuitive Intelligence

is an Internal Medicine physician who combines the science of medicine with the art of communication. As an international speaker and corporate health and communication strategist, her experiential style empowers organizational and healthcare leaders to reduce stress, resolve conflict and improve performance. Topics she often addresses include navigating passive-aggressive behavior and learning the tools for stress management in order to increase efficiency and create a healthy team culture.



**Powered by Me: From Burned Out to Fully Charged at Work and in Life**  
(McGraw Hill, 2023)

Dr. Sangwan uncovers new insights into the root causes of burnout. Addressing this ailment by realigning your choices, values, and aspirations is key to personal and professional rejuvenation.



**TalkRx: Five Steps to Honest Conversations that Create Connection, Health and Happiness**  
(Hay House, 2015)

Dr. Sangwan reveals practical yet profound communication tools that will strengthen your relationships, reduce your stress, improve your health, and even save you time.

Neha Sangwan, MD speaks on a broad range of subjects, including health, wellbeing, communication and leadership such as:

### Mental Health, Wellbeing & Burnout

- The Interconnection Between Physical, Mental and Emotional Health
- Organizational Energy Gains and Drains
- Transforming Anxiety and Dysfunction into Collaboration & Innovation

### Effective Communication

- Mastering the Most Challenging Personalities in Your Life
- How your Inability to Communicate Makes You Physically Ill
- Building Relationships on Trust and Transparency
- Transforming Miscommunication, Ghosting and Quiet Quitting into Engagement, Collaboration and Innovation
- The Art of Feedback

### Conscious Leadership

- Conscious Capitalism: Where Higher Purpose, People and Profit Create Synergistic Results
- Creating a Healing Organization: Everybody Matters and Everybody Wins

To discuss opportunities for Dr. Sangwan to speak at your event or for your company, please reach out to Phoebe Shaw at [phoebe@intuitiveintell.com](mailto:phoebe@intuitiveintell.com)