



LONG BIO:

AAbhi Golhar is a keynote speaker on leadership, resilience, and the science of sustainable performance. He is dedicated to helping professionals break free from the relentless speed that drains their energy and clouds their judgment.

Through his keynote, **The Fast Power of Slow**, Abhi reveals why the path to lasting success is not about doing more faster, but about creating space to think, act, and lead with intention. He shares practical strategies rooted in neuroscience, leadership psychology, and performance data that empower teams to reset their rhythm, reduce burnout, and build confidence in their decision-making.

A three-time nationally syndicated radio host, Abhi's insights have been featured in *Forbes*, *Inc.*, and *HuffPost*. He has become known for turning complex research into clear, actionable steps that help professionals thrive without sacrificing well-being.

From navigating his own high-pressure setbacks to coaching executives on national stages, Abhi embodies clarity, resilience, and reinvention. His philosophy is simple: slowing down at the right moments creates the power to accelerate growth when it matters most.

If you are ready to achieve more without burning out, book Abhi at www.abhigolhar.com.

