



PODCAST GUEST

Today's guest is Abhi Golhar, a nationally recognized keynote speaker on leadership, resilience, and sustainable performance. His keynote, **The Fast Power of Slow**, helps leaders and teams escape the burnout cycle by embracing a new rhythm of clarity, rest, and intentional decision-making.

A three-time nationally syndicated radio host featured in Forbes, Inc., and HuffPost, Abhi brings a rare blend of personal experience and research-backed insights. His journey, from navigating million-dollar setbacks to becoming a trusted voice in leadership and strategy, is both raw and inspiring.

Get ready for a conversation that will challenge the way you think about speed, pressure, and results, and leave you with tools to lead with clarity. Please welcome, Abhi Golhar.

