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## SHORT BIO:

**Abhi Golhar is a keynote speaker on leadership, resilience, and the science of sustainable performance.**

He is known for his transformative talk, **The Fast Power of Slow**, where he shows leaders and teams how to break free from the burnout cycle and unlock their best results by slowing down to speed up..

With data-driven insights and personal stories, Abhi equips audiences to find rhythm, clarity, and momentum in a world that constantly demands more.

