Dr. Ellen Choi

Organizational Behaviour & Leadership Strategist. Founder, TMU Wellness Lab

MINDFULNESS · MENTAL HEALTH · LEADERSHIP · RESILIENCE · COMMUNICATION · TEAM EFFECTIVENESS

THE PITCH

A workplace mindfulness researcher-coach who turns self-compassion and authenticity into concrete leadership habits for high-pressure cultures.

FULL BIO

Dr. Ellen Choi is a nationally recognized wellness ambassador and an award-winning researcher and educator with a decade of experience delivering keynotes and workshops for corporate, public sector, and not-for-profit organizations. She received her PhD at the Ivey School of Business and her master's degree at the London School of Economics and currently works as an Associate Professor at Toronto Metropolitan University (formerly Ryerson).

Ellen is also the founder of the TMU Wellness Lab, where she leads research on the science of mindfulness, self-compassion, and authenticity in the workplace. Her work examines how these factors contribute to employee well-being, mental health, and leadership effectiveness.

Beyond academia, she is a meditation instructor and executive coach, working with CEOs, government leaders, executive teams, and entrepreneurs to integrate mindfulness into leadership and organizational strategy. She also teaches organizational behaviour, covering topics such as decision-making, team effectiveness, and leadership.

A recovering overachiever, Ellen embraces self-exploration and continues to make space for rest and play. She is a contributor to Forbes.com, where she translates research insights into actionable leadership strategies.

CONNECT

Website · spokenartists.com/speakers/ellen-choi
LinkedIn · linkedin.com/in/ellen-choi-ph-d-a67a915

SIGNATURE KEYNOTES

Mindful Leadership: Leading with Clarity, Focus, and Resilience.

In today's fast-paced, high-pressure world, effective leadership demands more than just strategic thinking—it requires calm, clarity, and emotional intelligence. This session explores how mindfulness enhances leadership by strengthening attentional control, emotional regulation, and resilience—critical skills for leaders guiding teams and organizations through uncertainty and complexity. Grounded in research-backed mindfulness practices, this session introduces the principle of "no mud, no lotus", challenging leaders to embrace discomfort as a pathway to growth. Participants will gain practical tools to cultivate presence, sharpen decision-making, and foster a leadership style that inspires confidence and collaboration. Attendees will learn:– How mindfulness improves focus, adaptability, and team dynamics– The neuroscience behind self-awareness and emotional regulation in leadership– Hands-on techniques to enhance resilience and composure under pressure– Strategies to create a culture of clarity, trust, and high performance Whether leading a small team or a large organization, participants will walk away with actionable insights to lead with greater intention, influence, and impact—even in the face of constant demands.

The High-Performance Edge: Mindfulness, Self-Compassion & Peak Performance.

In a fast-paced, high-stakes environment, driven professionals thrive on pressure—but at what cost? The pursuit of excellence often fuels stress, self-doubt, and an overactive inner critic that undermines confidence, decision-making, and long-term success.

This session blends cutting-edge research on mindfulness, self-compassion, and performance psychology to show how top performers can enhance focus, resilience, and leadership impact—without burning out. Participants will learn how the brain's default mode can sabotage performance under stress and gain practical, research-backed techniques to override distractions, reframe negative self-talk, and sharpen their mental edge in high-pressure moments.

What You'll Learn:
– How mindfulness boosts focus, decision-making, and high-stakes performance
– Science-backed techniques to quiet the inner critic and improve confidence
– How to regulate emotions and sustain peak performance under pressure
– Practical mental strategies to enhance resilience, productivity, and leadership presence

This interactive and hands-on session goes beyond theory—participants will experience short, high-impact mindfulness and self-compassion techniques designed to enhance attentional control, emotional regulation, and mental clarity. Expect insightful discussions, real-world applications, and strategies that will immediately elevate both personal and professional performance.

Whether you're a leader, entrepreneur, or high-achieving professional, this session will help you get out of your own way—so you can lead, perform, and succeed at the highest level.

Connected Communication: Navigating Challenges & Strengthening Teams.

Great teams thrive on trust, collaboration, and open communication. But in high-pressure environments, stress can hijack our nervous system—triggering fight, flight, freeze, or fawn responses that make meaningful connection and productive conversations feel impossible. Without self-regulation, we risk reacting instead of responding, avoiding conflict, or failing to truly listen and engage.

This experiential session blends cutting-edge research in neuroscience, mindfulness, and positive psychology to help participants recognize and regulate their stress response—both internally and in interactions with others. By understanding how the nervous system influences behavior, communication, and decision-making, participants will gain practical tools to navigate difficult conversations, build stronger relationships, and foster a culture of collaboration and psychological safety.

What You'll Learn:
– How stress and nervous system dysregulation impact team dynamics and communication
– Practical techniques to self-regulate in high-stakes conversations
– Strategies to enhance active listening, empathy, and emotional resilience
– How to navigate conflict with confidence while staying present and composed
– The science behind habitual stress behaviors—and how to shift them

Through guided practices, self-reflection, and interactive exercises, participants will identify their personal stress patterns and learn how to return to a state of connection, clarity, and calm—both in their own mind and in their interactions with others. Whether you're leading a team, collaborating with colleagues, or managing workplace tensions, this session will equip you with the tools to communicate more effectively, build trust, and create stronger, more resilient relationships.

IMAGE LIBRARY

Original high-resolution color files are included alongside this PDF in the ZIP download.



PORTRAIT



STAGE

BOOK THIS SPEAKER

To check availability, request a hold, or confirm a date for **Dr. Ellen Choi**, email either of the following:

- **pjosic@spokenartists.com**
- **vtudorache@spokenartists.com**

Full digital profile, video reel, and additional press-kit assets: **spokenartists.com/speakers/ellen-choi**