

DR. KIEN VUU

MD

Triple Board-Certified Physician | Human Performance Expert
Bestselling Author | Founder, Bioenergetic Leadership

The Keynote That Doesn't Just Inform — It Transforms.

AS FEATURED ON

Netflix • TEDx • TIME • Forbes • NBC • CBS • Apple TV+



“I HELP LEADERS AND ORGANIZATIONS
OPTIMIZE **HUMAN ENERGY** TO DRIVE
PERFORMANCE, RESILIENCE,
AND LONGEVITY.”

—Dr. Kien Vuu, MD

AS FEATURED IN

NETFLIX **TEDx** TIME Forbes CBS Apple TV+ Oprah Magazine **FASTCOMPANY** BUSINESS INSIDER  Smithsonian

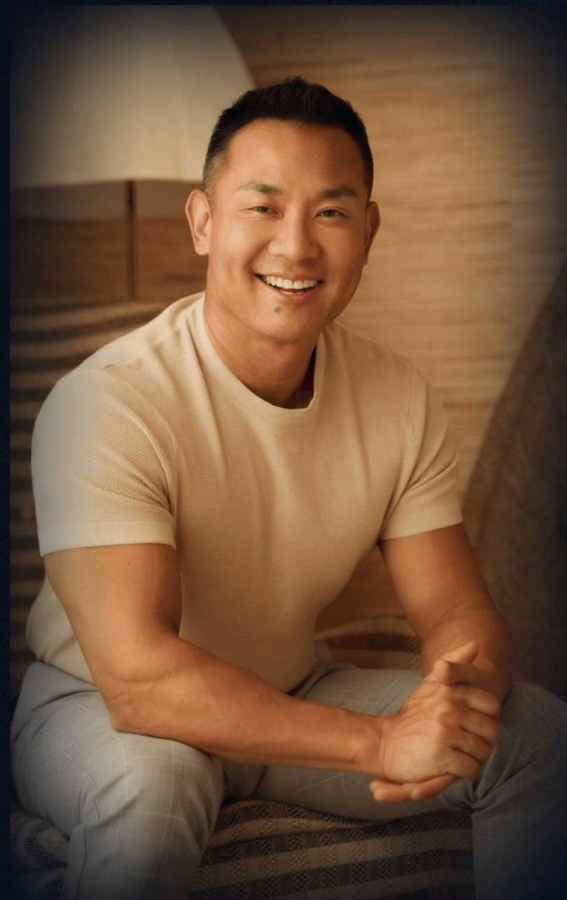
THE EXPERIENCE

MOST KEYNOTES LEAVE PEOPLE WITH NOTES. DR. V LEAVES THEM DIFFERENT.

- **Live breathwork** — audiences feel a measurable shift in real time
- **Nervous system regulation** — science made visceral, not theoretical
- **Practical tools** — one practice they can use the same day

Dr. Vuu delivers actionable and useful health information that actually moves the needle. His unique ability to blend cutting-edge science, ancient wisdom, and human connection makes him one of the most impactful voices in performance and longevity today.

— **DAVE ASPREY**, Founder of Upgrade Labs



THE PROBLEM YOUR BUYERS ARE FACING

66%

OF WORKERS

report experiencing
burnout

\$1.9T

LOST ANNUALLY

in disengagement costs
to U.S. companies

\$4K-\$21K

PER EMPLOYEE

in excess healthcare and
attrition costs from burnout

Most organizations are trying to solve this with strategy, productivity tools, and mindset training.

None of those address the actual problem.

***“THIS IS NOT A STRATEGY PROBLEM.
IT IS A HUMAN ENERGY PROBLEM.”***

When a leader's nervous system is dysregulated, no strategy works.
When a team's energy is depleted, no productivity tool compensates.
When people are in survival mode, they cannot access the creativity,
clarity, and connection that performance requires.

FIX THE ENERGY.

FIX THE PERFORMANCE.

WHAT MAKES DR. V DIFFERENT

WHAT MOST SPEAKERS TEACH

Mindset and motivation

Productivity frameworks

Stress management tips

Leadership strategy

WHAT DR. V TEACHES

The biology that makes mindset possible

Nervous system regulation and energy optimization

The science of removing interference at the source

Bioenergetic Leadership — the human operating system

Dr. V is not a wellness speaker who learned leadership. He is a triple board-certified physician who became the patient himself. That journey is the curriculum.

SIGNATURE KEYNOTES

Each keynote is fully customizable for your audience and format.

01

THE THRIVE STATE

Unlocking the Biology of Human Potential

Burnout, chronic stress, and declining wellbeing are some of the greatest challenges facing individuals and organizations today. In this powerful keynote, Dr. Vuu introduces The Thrive State—the biological and psychological state where human beings experience optimal energy, resilience, creativity, and health. By understanding how stress physiology and modern lifestyle pressures create interference in the human system, audiences learn how removing these barriers allows individuals and teams to unlock their full potential.

02

BIOENERGETIC LEADERSHIP

The Science of Resilient Leadership and High-Performance Teams

Overview Leadership performance is not just psychological—it is biological. In this keynote, Dr. Vuu introduces the concept of Bioenergetic Leadership, revealing how nervous system regulation, emotional energy, and human biology shape decision-making, creativity, and leadership effectiveness. Leaders who understand how to regulate their energy and manage stress physiology build stronger teams and more resilient organizations.

03

THE HUMAN OPERATING SYSTEM IN THE AGE OF AI

Why Human Energy Is the Ultimate Competitive Advantage
Keywords: AI leadership keynote, future of work, innovation, adaptability, human advantage

Overview Artificial intelligence is transforming the future of work. As machines become more intelligent, the defining competitive advantage will not be technology—it will be human creativity, adaptability, and energy. In this thought-provoking keynote, Dr. Vuu explores how organizations can optimize the human operating system to remain innovative, resilient, and competitive in the age of AI.

04

THRIVING THROUGH CHANGE

Creating Human and Organizational Resilience in an Age of Uncertainty

Overview Rapid change and uncertainty are now constant realities for modern organizations. In this inspiring keynote, Dr. Vuu reveals how leaders and teams can cultivate resilience, energy, and clarity during times of disruption. By understanding how uncertainty impacts the human nervous system, organizations can develop cultures that sustain performance, creativity, and engagement even in the face of rapid transformation.

THE EXPERIENCE

WHAT AUDIENCES EXPERIENCE

01 — LIVE BREATHWORK

A guided nervous system reset — audiences feel a measurable physiological shift in real time, not just conceptually.

03 — SCIENCE MADE VISCERAL

Complex biology explained through story, metaphor, and lived experience — so it lands in the body, not just the mind.

02 — REAL-TIME ENERGY ACTIVATION

Dr. V activates the room. Energy levels, focus, and presence visibly shift within minutes of the opening.

04 — TOOLS THEY USE THE SAME DAY

Every keynote ends with one practice audiences can implement immediately. No waiting. No onboarding.

“The most consistent feedback we receive from event organizers:
“OUR AUDIENCE IS STILL TALKING ABOUT IT.”



MEASURABLE OUTCOMES

Reported by program participants across corporate and live event engagements.

40%+

ENERGY BOOST

Increase in reported energy levels following Bioenergetic protocols

91%

MENTAL CLARITY

Of participants report measurable improvement in focus and cognitive performance

25%+

ENGAGEMENT INCREASE

Rise in team engagement scores following organizational wellness programs

70%

STRESS REDUCTION

Decrease in stress biomarkers measured in participants after nervous system protocols

IDEAL EVENTS

WHERE DR. V DELIVERS THE GREATEST IMPACT

EVENT TYPE	AUDIENCE	WHY IT WORKS
LEADERSHIP CONFERENCES	C-suite, senior executives, emerging leaders	Reframes performance as a biological and energetic challenge, not a strategy gap
HEALTHCARE SYSTEMS & HOSPITALS	Physicians, nurses, administrators	A fellow physician who speaks the clinical language — and has lived the burnout
EO / YPO / VISTAGE	Entrepreneurs, business owners, CEOs	Peer-level credibility; science-backed tools for high-stakes decision makers
TECHNOLOGY & AI SUMMITS	Tech leaders, innovation teams	The Future Is Human keynote — the human edge in an AI-accelerated world
CORPORATE WELLBEING & HR	HR leaders, people ops, benefits teams	Measurable ROI framework; connects wellbeing investment to retention and performance
FINANCIAL SERVICES	Advisors, bankers, wealth managers	High-pressure, high-stakes audiences who need sustainable energy, not just stress tips

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TRUSTED BY ORGANIZATIONS THAT SET THE STANDARD

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FARGO



GAP



TEDx

Walgreens

BUSINESS
INSIDER



McKinney
and Co



UCLA Health

*“Dr. V doesn’t just speak — he shifts the room.
Our audience left different.”*

— Josh Berman, YPO Managing Partner

*“The most impactful keynote we’ve ever hosted.
Our team is still implementing what they learned.”*

— Vartan Safarian, Farmers Insurance

A man in a dark shirt stands on a stage with his arms raised in a gesture of triumph or encouragement. He is positioned in front of a large, multi-tiered bookshelf filled with books and decorative items. The audience, seen from behind, has many hands raised in the air, mirroring the speaker's gesture. The scene is lit with warm, golden light, creating a sense of energy and connection.

"This isn't just a keynote — it's the moment your audience remembers they are not broken, not behind, and not out of options."

DR. KIEN VUU, MD

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