

Saving Our World through Human Software Optimization

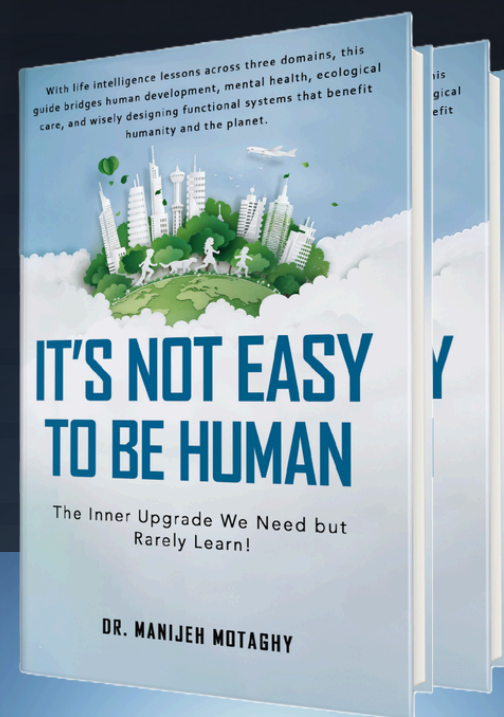
A Blueprint for Upgrading Humanity and
Systems that Build Confidence, Connection,
Trust, and Regeneration.

Dr. Manijeh Motaghy



"Studying Life Mindful Optimization with Manijeh, I've become a better leader and manager by integrating qualities of empathy, loving kindness, self-compassion, and equanimity into the workplace. My insomnia, stress, anxieties, and self-doubts have greatly diminished. I feel far more patient, aware, and comfortable with challenges in life."

*~ Meryl Lander, Global Leader
DataDirect Networks, Inc.*



About the Speaker

Dr. Manijeh Motaghy, PsyD, O.M.C., is an organizational psychologist, UCLA Mindfulness teacher, author, and global speaker. She has guided thousands of individuals, teams, and leaders with over 10,000 hours and 700+ transformative courses and retreats. Blending science, wisdom practices, and practical tools, she has transformed audiences at Fortune 500 companies like Disney and Kaiser Permanente. She has been interviewed on podcasts and speaks at global conferences, like IEEE Advanced Technologies and the *Initiatives of Change* at the Caux Palace in Geneva, as well as at top universities. **She is featured in The Global Woman Magazine, MSN Magazine, Amazon Prime, and Tubi TV.**

Her Topics Include:

- Leading for the Future
- Ensuring Sustainability by Human Optimization
- Presencing for Real Change
- Youth Empowerment
- Customized Topics



Her Book: *It's Not Easy to Be Human*

Shares 60 fundamental *Mindful Life Intelligence skills and qualities*, and a five-stage methodology to test, develop, and embody them and succeed in modern times. It's a guide with a scientifically proven, compassionate roadmap for upgrading how we live, work, connect, and manage personal and global challenges.



Audience Will Gain:

- Mindful strategies to stay steady and flexible through change and uncertainty
- Fresh insights into conscious leadership and ethical AI
- Practical ways to grow personally and uplift the world around them



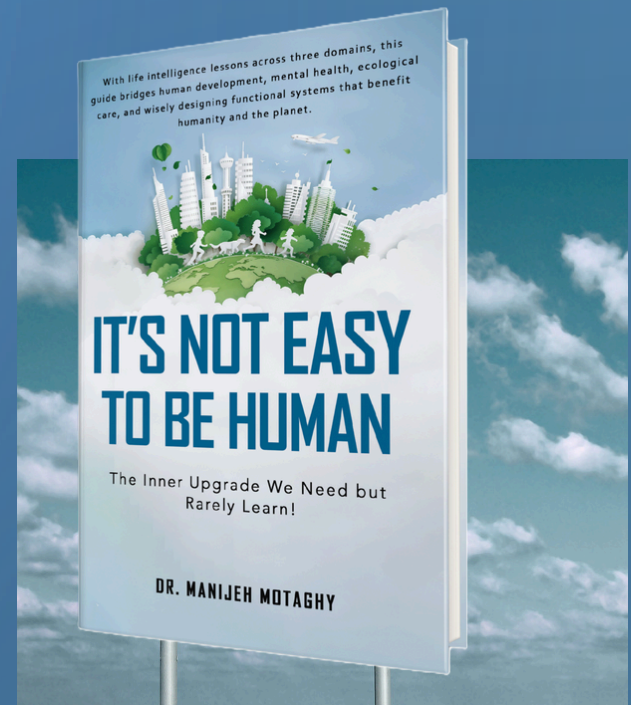
The Dept of Her Content (Podcast-Optimized)

Dr. Manijeh Motaghy uncovers how hidden societal defaults, innate biases, emotional rigidity, and the illusion of ownership create and sustain a relentless “circular anxiety economy” that drains mental health and erodes trust in the systems meant to serve us. These same human blind spots creep into how we design AI, innovate business, and governance, amplifying harm instead of healing, spreading inequity instead of integrity.

Her Approach

Dr. Motaghy’s approach is both timeless and urgently modern: to build ethical technology and resilient societies, **we must first upgrade the “human software”** at the root of it all.

Her Mindful Life Optimization (MLO) method, with clear, secular, and science-informed lessons, equips people across generations and cultures with practical inner skills to replace anxiety with awareness, chaos with compassion, and burnout with balance.



Dr. Motaghy’s Message is Simple and Powerful.

“Human-created challenges will not end, unless we optimize the mind and human development and unlock a future that empowers people and the planet to thrive together.”

Perfect For Podcasts & Training Topics On:

Leadership Development • Personal Growth • Future of Work • Well-being • Sustainability • AI Ethics • Youth Empowerment • Mental Health, including Adult ADHD

Make Your Next Event A Game Changer.

Book Dr. Motaghy for Your Next Event or Podcast.

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