

Dr. Manijeh Motaghy

Human Optimization

Management Regeneration

Leader Empowerment

AI Human Accountability

A Blueprint for Upgrading Human
Development and Systems to Build
Connection, Trust, and Longevity.

*“In Her Presence,
One is Inspired.”*

Martin Buehler,
VP of Robotics, Disney Imagineering



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About the Speaker

A Trailblazer, who challenges the status quo and ignites progress, Dr. Manijeh Motaghy, PsyD, O.M.C., is a **humanitarian, philosopher, poet, and an Organizational Psychologist** dedicated to advancing cognitive and behavioral excellence. Integrating science, psychology, and wisdom teachings, she has provided transformative programs for Fortune 500 companies such as Disney and Kaiser Permanente, and guided thousands of individuals, teams, and leaders through 750+ programs, retreats, and talks worldwide. Her creative inside the box, outside the box mind has produced 100s of poems pointing to the nature of life, love, pain, and compassion.

She created the Mindful Life Optimization (MLO) methodology—a comprehensive framework for personal, organizational, and planetary well-being—and is the author of *It's Not Easy to Be Human*, a guide to understanding and upgrading the human mind for greater happiness and purpose. Since 2014, Dr. Motaghy has taught over 100 Mindfulness courses for UCLA MARC and UCLA Mindful, including courses that **transform adults with ADHD**.

An author and global speaker, she has presented at top universities and international platforms, including IEEE Advanced Technologies and the Initiatives of Change at the Caux Palace in Geneva. Her work has been featured in Global Woman Magazine, MSN, Business Woman Today, London Business, and StartUp Magazine, as well as in documentaries on Amazon Prime and Tubi TV.

Topics Include:

- Conscious & Regenerative Leadership
- Ethical Innovation & Future-Ready Systems
- Ensuring Sustainability by Human Software Optimization
- Preparing Youth For Personal and Leadership Effectiveness
- Human Software Optimization for Ethical AI
- Gender Ease and Empowerment
- Breaking the Cycle: Redefining Success Beyond the Circular Anxiety Economy
- The Conscious Leader: Reengaging with Power and Presence



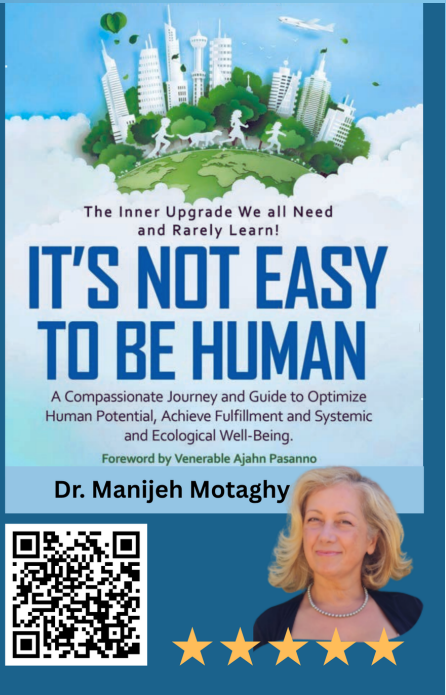
The Dept of Her Content (Podcast-Optimized)

Dr. Manijeh Motaghy explains the five stages of becoming stuck and provides the five stages we can resolve societal defaults, emotional rigidity, and the relentless *Circular Anxiety Economy* that drains mental health and erodes trust in the systems meant to serve us. Turning human blind spots creep into how we design AI, innovate business, and govern, and amplify harm into healing and a thriving state.

Her Book & Methodology:

It's Not Easy to Be Human: A Compassionate Journey and Guide to Optimize Human Potential, Achieve Fulfilment and Systemic and Ecological Well-being details 60 fundamental, timeless, timely, and scientifically proven *Mindful Life Intelligence perspectives, qualities, and skills*, with a pathway for minimizing personal and global challenges, optimizing mental health, teamwork, relationship fulfillment, and youth empowerment.

A one-stop development source.





Her Theory

Dr. Motaghy believes humans of all backgrounds may be underdeveloped and can benefit from acquiring a fuller level of life’s natural intelligence and inner skills that make being human, in any role, easy and fulfilling.

Dr. Motaghy’s Message is Simple and Powerful.

“If we know better, we could do better. To build ethical technology and resilient societies, we must first upgrade the *human software*, which is at the root of it all and unlocking a future that empowers people and the planet to thrive together.”



Perfect For Podcasts, Keynotes, & Training Topics On:

Leadership Development • Reducing Employee Risks • Increasing Conscious Work • Sustainability • AI Ethics • Youth Empowerment • Mental Health • Mindfulness for Adult ADHD • Personal Growth



Make Your Next Event or Podcast A Game-Changer.

To Book Dr. Motaghy for Your Next Event or Podcast.

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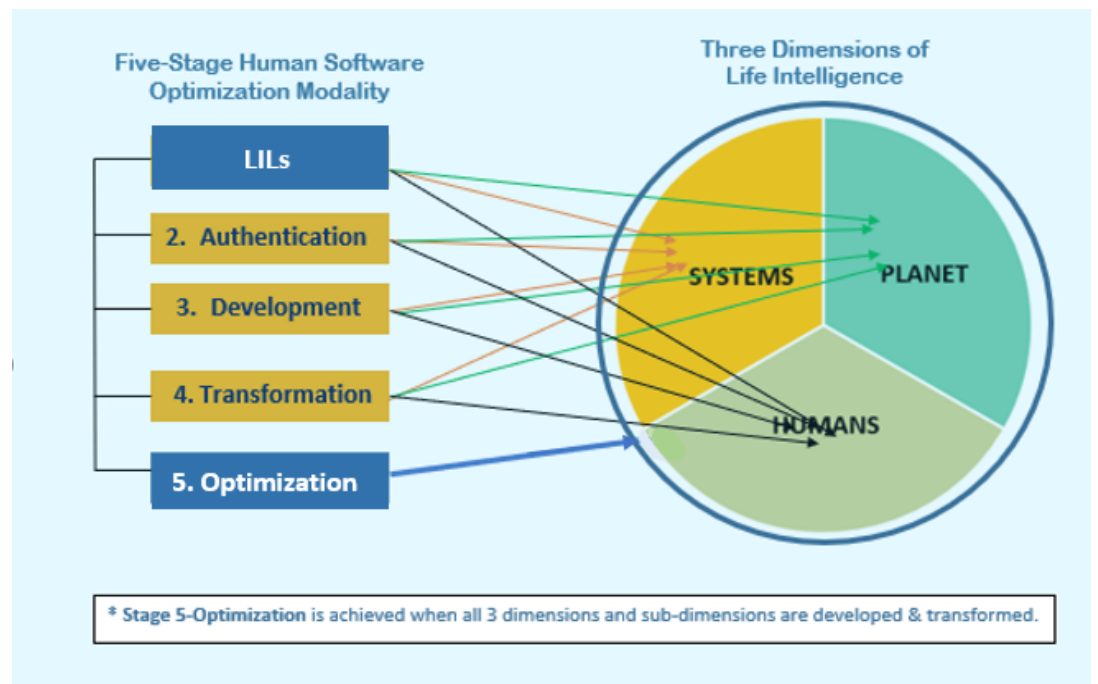
Below see
Fees &
Packages

SPEAKING TOPICS AND PACKAGES

DR. MANIJEH MOTAGHY'S SIGNATURE SPEAKING DOMAINS

All talks are rooted in her **Mindful Life Optimization (MLO)** methodology, a science- and wisdom-based framework that optimizes three Domains of Life Intelligence:

1. **Systems** — natural and constructed systems that sustain life.
2. **Planet** — sustainable and regenerative living for a thriving Earth.
3. **Human** — Experience, conduct, and happiness for individual and collective well-being.



Each speaking domain below draws from one or more of these three pillars of MLO, bridging science, psychology, and mindfulness into actionable solutions for modern challenges.

A. Conscious & Regenerative Leadership

DRAWS FROM SYSTEMS AND HUMAN EXPERIENCE DOMAINS OF MLO

Dr. Motaghy helps leaders develop awareness, integrity, and systemic intelligence to navigate disruption and lead responsibly.

B. Ethical Innovation & Future-Ready Systems

DRAWS FROM THE SYSTEMS AND PLANET DOMAINS OF MLO

Integrating ethics, design thinking, and human intelligence, Dr. Motaghy guides organizations toward responsible innovation and regenerative growth.

C. Culture, Well-Being & Human Development

DRAWS FROM THE HUMAN EXPERIENCE AND SYSTEMS DOMAINS OF MLO

Fostering whole-human intelligence and balance for thriving across all genders, teams, and systems.

INDUSTRY RELEVANT

Dr. Manijeh Motaghy delivers practical, science-based frameworks that elevate human intelligence, ethical leadership, and organizational resilience—empowering individuals and systems to thrive consciously.

A. FOR CORPORATE AND GOVERNMENT LEADERS

1. **The Strategic Mind: Leading with Precision, Agility, and Integrity.** This keynote equips leaders to think with clarity, act with precision, and navigate complexity with inner stability. Dr. Motaghy introduces Life Intelligence as a practical advantage for achieving consistent, high-impact results while building trust and sustainability into every decision.
2. **Leading Through Disruption: The Future-Ready Leader.** Disruption rewards those who stay centered, adaptable, and self-aware. Drawing from neuroscience and the MLO framework, Dr. Motaghy offers tools to enhance agility, presence, and strategic thinking in times of volatility.
3. **A Superior Heart-Intelligent Leader: Powering Up Inner Guidance.** True leadership begins within. Through her Superior Heart Intelligence (SHQ) model, Dr. Motaghy shows how to integrate intuition and insight with data-driven reasoning to make confident, value-aligned decisions that inspire individual and collective excellence.
4. **Presencing for Accountable Change.** Accountability doesn't have to mean tension. This talk reveals how cultivating presence—the ability to see clearly and respond wisely—creates organizations that adapt faster, collaborate better, and stay purpose-driven through transformation.
5. **Breaking the Cycle: Redefining Success Beyond the Circular Anxiety Economy** High-pressure, toxic work environments aren't inevitable—they're designed, and they can be intelligently redesigned. In this keynote, Dr. Motaghy helps leaders recognize how profit models driven by anxiety and constant urgency undermine performance. She demonstrates how shifting to calm, precision-based strategies increases loyalty, innovation, and sustainable prosperity.



AI, INNOVATION, & FUTURE-READINESS

These topics are suggested and customizable.

The Preventive Path to AI Accountability: A Nine Step Model for Ethical and Responsible AI & AI Wearables.

Dr. Motaghy introduces the **Preventive Accountability Model (PAM)**—a proactive framework for embedding ethics and natural intelligence into the design and governance of AI and advanced technologies through optimizing human software. Unlike traditional reactive compliance systems, PAM ensures alignment with life-serving principles from inception. It empowers organizations to innovate safely and go beyond empathy and embedding superior heart-intelligence to protect the public, optimize trust, and succeed responsibly.

ENVIRONMENT & REGENERATION

These topics are suggested and customizable.

- **Planet-Positive Leadership: Aligning Human Development with Sustainability and ESG Goals**

Human and planetary intelligence are interdependent. This talk provides practical strategies for embedding ethical decision-making, regeneration, and long-term value creation into corporate and civic systems.

- **Regenerative Manufacturing and Systems Thinking: The RIMS Model**

In this talk, RIMS outlines the steps organizations can take to mimic nature's zero-waste design and achieve zero waste, zero anxiety, and continuity of life. It's a clear roadmap for transforming production and management systems into regenerative ecosystems where every process considers how to best utilize resources and create opportunities for livelihood without burdening the planet.

INCLUSION, IDENTITY, & EMPOWERMENT

These topics are suggested and customizable.

- **Empowering Decision-Making through Superior Heart Intelligence (SHQ).** Success today demands integrated intelligence. Learn to balance analytical precision with clarity, confidence, and inner composure — cultivating leaders who drive success with purpose and balance.
- **The Inner Work of Belonging: Beyond Gender, Toward Wholeness.** Inclusion begins with a sense of acceptance, detachment from rigid ideas, and authentic collaboration. Participants gain frameworks to strengthen trust, respect, and accountability across diverse identities and perspectives. It's a path to reconciling personal identity with societal expectations by exploring the nature of life. What is solid, what is changing, what is dependable? Guiding individuals to act with autonomy and confidence, while understanding certainty and uncertainty.

CULTURE, WELL-BEING, & ORGANIZATIONAL HEALTH

- **From Burnout to Brilliance: Sustainable Success in High-Pressure Environments.** Evidence-based tools from MLO to strengthen focus, vitality, and intelligent actions. Participants learn practical ways to sustain high output while maintaining mental and systemic balance.
- **Preparing Youth for Leadership and Life Effectiveness.** Equipping young adults with the cognitive tools, ethical grounding, and self-management skills to lead wisely and live effectively in a complex world.

CUSTOMIZED PROGRAMS BASED ON MLO METHODOLOGY

Tailored sessions that integrate neuroscience, mindfulness, and systems thinking to address organizational pain-points — from culture transformation and retention to innovation and leadership ethics.

KEYNOTE & WORKSHOP PACKAGES

PANNEL OR KEYNOTE PRESENTATIONS

Duration: 45–90 minutes + optional Q&A

Fee Range: \$8,000 - \$12,000 USD

- Ideal for conferences, leadership summits, and corporate events seeking inspiration backed by science and wisdom.
- Each keynote draws from Dr. Motaghy's *Mindful Life Optimization (MLO)* methodology, blending mental health, mindfulness, nature, and systems thinking to elevate awareness, integrity, and resilience.

KEYNOTE OR WORKSHOP PACKAGE

Duration: Half-day (3–4 hours) or Full-day (6–7 hours)

Fee Range: \$18,000 – \$28,000 USD

- Interactive training for leaders, educators, or organizational teams ready to apply MLO principles in real-world contexts.
- Includes customized exercises, guided mindfulness sessions, and leadership development modules focused on resilience, ethics, innovation, and sustainable performance.

EXECUTIVE OR GOVERNMENT LEADERSHIP IMMERSIVES

Duration: Multi-day intensive (1–3 days)

Fee Range: \$30,000 – \$60,000 USD

- Tailored for senior executives, policymakers, and organizational architects committed to systemic transformation.
- These immersive experiences integrate the five stages of Human Software Optimization to build cohesive, compassionate, and future-ready leadership ecosystems.

Optional Add-Ons:

- Customized workbook or digital toolkit
- Group follow-up session (virtual, 90 minutes)

Includes:

- Pre-event consultation to assess goals
- Bespoke content aligned with SDGs and organizational ethics
- Post-session summary or impact brief

VIRTUAL PRESENTATIONS & ONLINE WORKSHOPS

Fee Range: 35% less than in-person

- Dynamic, interactive sessions delivered via Zoom or corporate platforms. Perfect for distributed teams or global events.
- Includes digital materials and optional breakout discussions.

CUSTOM ENGAGEMENTS

Dr. Motaghy also designs **bespoke programs** for universities, non-profits, and international organizations seeking to align human development with ethical innovation, environmental stewardship, and well-being.
***Asks us for a Fee adjustment for non-profits and service organizations.**

ADDITIONAL DETAILS

- Travel and lodging (if required) are billed separately.
- Fees include standard pre-event planning calls and one customization session
- For charitable or educational events, limited pro-bono or reduced-rate engagements may be considered.

LIST OF PUBLICATIONS

Go to <https://perfectlyhere.org/press-publications/>

DR. MOTAGHY'S CV

<https://perfectlyhere.org/wp-content/uploads/2025/08/Drmanijehmotaghyresume.pdf>

BOOKING INFORMATION



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