

Asia Lee, TEDx Speaker · Best-Selling Author · Creator of The AAA Method™

Transform stress into calm in 90 seconds.

Asia Lee teaches practical neuroscience and mindfulness tools through her Triple AAA Method™ (Awareness → Acknowledge → Alchemize). Her sessions help audiences regulate emotions, think clearly under pressure, and perform from calm focus. Ideal for schools, universities, and leadership teams who value results over theory.

Signature Talks:

Emotional Mastery in
90 Seconds

(for Teens)

Flow & Resilience:
The AAA Method

(for Students)

Emotional
Intelligence in 90
Seconds

(for Leaders)

Core Outcomes:



Reset
emotions
instantly



Reframe
stress



Improve
communicati
on



Create
lasting
habits

Keynotes (30–60 min)

- Half-day & Full-day Workshops
- Virtual Presentations
- School Assemblies & Leadership Retreats

Previous Clients:

(Fortune 500 Companies, Universities)

"Asia gave our leaders a simple, science-backed way to reset under pressure. Within minutes, the entire room shifted, calmer, clearer, and more connected." ~ **VP, People & Culture, Fortune 500 Tech Company**

Technical Requirements: Projector / HDMI input / Lapel mic / Screen + Audio output

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📍 Based in New York | Available Worldwide