

ASIA LEE · TEDX SPEAKER · BEST-SELLING AUTHOR · CREATOR OF THE AAA METHOD™

GetMindFlow.ai
Based in New York · Available
Worldwide
Keynotes · Workshops · Virtual
Experiences

TRANSFORM STRESS INTO CALM IN 90 SECONDS.

Emotional resilience & performance training for leaders, teams, and future-ready organizations.

EMOTIONAL INTELLIGENCE

NEUROSCIENCE-BASED

AAA METHOD™ EMOTIONAL RESET

CORE FOCUS

Asia Lee teaches practical neuroscience and mindfulness tools through her **Triple AAA Method™ (Awareness · Acknowledge · Alchemize)**. Audiences learn how to regulate emotions, reset their nervous system, and think clearly under pressure — in as little as 90 seconds.

- Emotional resilience & stress-reduction for leaders and teams
- Real-time tools for navigating difficult conversations & high-stakes decisions
- Science-informed methods for nervous-system regulation and focus
- Simple practices that build long-term emotional intelligence and culture change

FORMATS & OPTIONS

- Keynotes (30–60 minutes)
- Half-day & full-day executive workshops
- Virtual sessions for distributed teams
- Off-site & leadership retreat experiences

IDEAL FOR

**Corporate, Tech, Financial,
Healthcare & Education**

SIGNATURE KEYNOTES & WORKSHOPS

- **Emotional Intelligence in 90 Seconds** — for senior leaders & people managers
- **The AAA Method™: Reset Any Emotion, Any Time** — for high-performance teams
- **From Survival Mode to Strategic Clarity** — resilience for fast-changing organizations
- **Leading From a Regulated Nervous System** — how calm leadership scales performance

ORGANIZATIONAL OUTCOMES

RESET

**Emotions in real time
instead of reacting.**

REFRAME

**Stress into clarity,
choice, and
ownership.**

RELATE

**Better
communication in
tough conversations.**

REWIRE

**New habits that
protect culture &
performance.**

WHAT LEADERS ARE SAYING

"Asia gave our leaders a simple, science-backed way to reset under pressure. Within minutes, the entire room felt calmer, clearer, and more connected."

VP, PEOPLE & CULTURE – FORTUNE 500 TECH COMPANY

SELECTED AUDIENCES

- Fortune 500 & high-growth companies
- Technology, finance & professional services firms
- Hospitals, universities & mission-driven organizations
- Leadership development programs & emerging leader cohorts

Executive Off-sites

ERGs & Culture Programs

People-First Leadership

Asia Lee · GetMindFlow

Emotional resilience & performance training for modern organizations.

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