



Dr Annika Sörensen, MD

Expert Stress And Business Mentor

Speaker & Author

Speaking Subjects

(Also Available Virtually)

- **Leading Through Stress:** Transforming Pressure into Performance
- **Mindset Mastery for Corporate Leaders:** Building Resilience to Thrive in Challenging Times
- **Corporate Health and Success:** Integrating Stress Management with Leadership Performance
- **Unlocking Productivity:** Science-Backed Stress Management for Corporate Teams

Other subjects within Dr Annika's knowledge base may be discussed.

Dr Annika Sörensen, MD, is a stress management expert, bestselling author, and TEDx speaker who helps leaders turn stress into success.

Specializing in family medicine and workplace well-being, she simplifies complex topics into actionable strategies. Her engaging presentations inspire audiences to reclaim focus, boost performance, and thrive under pressure.

As the author of *Take Stress from Chaos to Calm* and *My De-Stress Diary*, Dr. Annika delivers science-backed insights that make a lasting impact.



Today, Dr. Annika runs her own company www.AskDrAnnika.com.

Dr. Annika also offers seminars and strategic-workshop-sessions and mentoring programs.

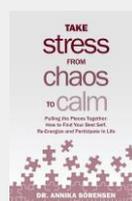
Speaker Reviews

"When it's all said and done, Annika satisfies in every sense of the word. From being easy to work with, fun to interview, with great content, to being genuinely interested in making the world better by helping us be better, healthier, saner, more confident. Annika engaged our audience with her gentle humor and expanded our sense of being in control when it comes to our health and our choices. From my perspective as a show organizer, it doesn't get any better than that! From the perspective of an audience member, Annika's engaging style and willingness to answer questions makes this a go-to episode of our show." / **Jackie Simmons**

"Dr Annika, you were so good and I just devoured everything you said. Today my shoulders automatically sink when I think of you – I find that amusing. You are so generous with your knowledge, a very wise woman. I am so glad I got a chance to listen to you". / **C Ahlström Malmö**

"Dr Annika is a very inspiring speaker who in a personal way talks about health and sustainability from a cross scientific perspective. She is both very knowledgeable and engaged in the subject and she has a fantastic ability to make complicated theories and facts seem simple and make them understandable for everyone. I learned a lot both for myself and to use in my work as coach." / **Linda Dafnerot, member of HR Network Scania**

"Dr Annika is one of my go to speakers in my organization. Everyone enjoys her presentations with her humor and solid content". / **Tonya Hofman, PSA**



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