

Sam J Rehan

Workplace Stress & Leadership Specialist

Organisational Stress Educator | Former Scientist | Speaker



Burnout is a leadership risk.
Sustainable performance is a strategic advantage.

Sam delivers evidence-informed sessions that reframe burnout as a leadership and retention risk and translates stress physiology into practical organisational strategy.

Her work supports HR Directors and senior leaders in reducing stress exposure, protecting performance and retaining experienced leaders.

Organisational Impact

- Reframes burnout as a strategic retention risk
- Reduces executive stress exposure
- Strengthens psychological safety and decision clarity
- Protects leadership pipelines under pressure
- Sustains performance without depletion

Key Speaking Topics

- Burnout Risk as a Leadership Issue
- Psychological Safety & Sustainable Performance
- Stress Physiology for Senior Teams
- Retaining Women in Leadership
- Leading Under Pressure Without Depletion

Why Sam

- **Scientist by background**
- 30+ years international experience
- HSE-aligned stress risk specialist
- Trusted by senior leaders
- Science translated into strategic action

Keynotes | Executive Workshops | Leadership Strategy Days

Board Briefings | Senior Leadership Offsites

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