



Sam J Rehan

TEDx Speaker • Stress Educator • Former Scientist
Author • CPD-Accredited Training Provider

Clear science. Human stories. Practical ideas people can use.

Sam J Rehan is a TEDx speaker, stress educator, former scientist and author who makes the science of stress easy to understand.

She has more than 30 years of professional experience and has worked face-to-face with people in over 30 countries across five continents.

A British Asian who has lived in both the north and south of England, Sam brings different worlds and experiences together. Science and everyday life. Corporate workplaces and community settings. Professional expertise and lived experience.

Sam is a natural and accessible speaker. She does not hide useful information behind jargon or complicated explanations. She uses stories, humour, simple science and practical tools to help people understand what stress is doing and what they can do about it.

Her audiences have included senior professionals, managers, workplace teams, teachers, healthcare professionals, carers, students and community groups. Her ability to communicate with people from different backgrounds, ages and levels of knowledge is central to her work.

TEDx: WE MISREAD EACH OTHER UNDER STRESS

In her 2026 TEDx talk, "We Misread Each Other Under Stress," Sam explores what happens to human connection when pressure rises.

Stress can change how we read other people, how quickly we react and how easily we misunderstand one another.

Her message is simple: when stress reduces, we have more capacity to see, hear and understand each other. [Watch Sam's 7-minute TEDx talk](#)

SPEAKING TOPICS

We Misread Each Other Under Stress

Stress, communication and human connection.

Stress at Work

Understand stress earlier and respond better.

Sustainable Performance

How to perform well without running yourself into the ground.

Women, Work and Stress

Recognising pressures that can become normalised at work.

Kindness Under Pressure

Why connection and kindness can become harder when stress rises.

Laugh More

Laughter, positive psychology and human connection.

Simple Stress Tools

Practical techniques people can use straight away.

WHAT AUDIENCES CAN EXPECT

Warm. Engaging. Evidence-informed. Easy to understand.

Sam combines science with real-life stories and practical ideas. People leave with a better understanding of stress and simple actions they can use at work and in everyday life.

Available for keynotes, conference talks, webinars, Lunch & Learns, workshops, leadership sessions and interactive events. Sessions can be thought-provoking and focused, or lighter and highly energising, depending on the audience and event. Based in the UK. Available for UK and international speaking, in person and online.

SamRehan.com

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Educating people and organisations to reduce stress.

So they feel better, cope better and connect better.

At work, in life and in the community.