



Adrienne Adhami

Wellness professional, International TEDx speaker, Podcast Host, and Author.

Adrienne is a leading wellness professional, international keynote speaker, podcast host, and author. Adrienne is the epitome of the modern digital entrepreneur and previously was Director of Innovation at the UK's leading fitness startup Fiit. Adrienne currently sits on the advisory council at Jaguar Land Rover.

Adrienne is often invited to deliver presentations and workshops for brands such as Apple, Barclays & Microsoft, to motivate and empower their employees to perform at their best in work and life. Most recently Adrienne has been helping organisations to redesign their wellbeing strategies to navigate and support the change to hybrid and remote working.

She is best known for her weekly self development podcast Power Hour that has more than 3 million downloads and last year released her first book by the same title – published by Penguin Random House. Power Hour has been hugely popular in the UK and has been translated into 5 languages around the world.

Adrienne is an endurance runner, mother and mentor – she believes that ordinary people can achieve extraordinary things. She is on a mission to educate people about the benefits of Performance Wellbeing and help them achieve personal and professional success.