DINA SABNANI
Come Alive Again

FOR EVENT PLANNERS & MEDIA

Bios + Stage Introduction

Approved copy for event materials, programs and introductions.
Please use as written.

01

Short Bio

USE FOR Event websites · conference apps · agendas · speaker lineups · short media mentions

Dina Sabnani, The Joy Activator™, is a keynote speaker and facilitator on Human Energy & Workplace Wellbeing. Through her signature body of work, Take Back Your Remote Control™, she helps people get off autopilot, reclaim their energy, strengthen trust and connection, and come alive again. Dina brings a 15-year corporate career, a global perspective shaped across Hong Kong, Dubai and the U.S., and a lifelong obsession with happiness to every room. She is an international best-selling co-author of *Women with Healing Gifts* and has been featured on NBC, KRGV and Dubai One.

02

Long Bio

USE FOR Full event programs · media / podcast introductions · planner packets · websites that allow a fuller speaker profile

Dina Sabnani has been the happy chick for as long as she can remember.

Today, she has finally made it her career.

Known as The Joy Activator™, Dina is a keynote speaker and facilitator on Human Energy & Workplace Wellbeing, helping organizations — and the humans inside them — reclaim energy, strengthen trust and connection, and come alive again.

Her signature body of work, Take Back Your Remote Control™, grew from decades of lived experience: a 15-year corporate career, an early "Customer Happiness" role in New York, Happiness Clubs in Dubai and Hong Kong, years of healing and inner work, and eventually workshops and stages where the same question kept showing up:

> *What helps people feel more alive?*

Dina believes organizations create conditions and individuals make choices inside those conditions. Both matter.

Her work blends research, storytelling, laughter, movement, practical spirituality and tools people can actually use on an ordinary Tuesday.

Born in Manila, raised in Hong Kong, and shaped by chapters in Los Angeles, New York City, San Francisco, Dubai and now South Texas, Dina brings a global lens — and unmistakable energy — to the stage.

She is an international best-selling co-author of *Women with Healing Gifts*, a published writer, and has been featured on NBC, KRGV and Dubai One.

Through Joyfull Wellthy Living LLC, Dina continues a mission she has been on for decades: bringing joy back to the boardrooms, the classrooms and, yes, even the bedrooms.

03

Stage Introduction

Please use this instead of reading the long bio from the stage.

WRITTEN TO BE READ ALOUD

Our speaker believes three things:

Work is human.
Joy is a strategy.
And energy changes everything.

Dina Sabnani — The Joy Activator™ — is a keynote speaker and facilitator on Human Energy & Workplace Wellbeing.

Through her signature body of work, Take Back Your Remote Control™, she helps people get off autopilot, reclaim their energy, strengthen trust and connection, and become more intentional about what they bring into every room.

Dina brings a 15-year corporate career, a global perspective shaped across Hong Kong, Dubai and the U.S., and decades of lived work around happiness and human energy.

She is an international best-selling co-author of *Women with Healing Gifts* and has been featured on NBC, KRGV and Dubai One.

Please help me welcome The Joy Activator herself — Dina Sabnani!