DINA SABNANI
Come Alive Again

The Joy Activator™

KEYNOTE SPEAKER & FACILITATOR
HUMAN ENERGY & WORKPLACE WELLBEING

A keynote your people will still feel on *Monday.*

Dina helps teams get off autopilot, reclaim their energy and **come alive again** at work.

- 15-year corporate career across Hong Kong, Dubai & the U.S.
- International best-selling author
- Boardroom to ballroom: small teams to large conferences

WORK IS HUMAN.
JOY IS A STRATEGY.
ENERGY CHANGES EVERYTHING.

AS FEATURED ON NBC abc DUBAI one

SELECT CLIENTS INCLUDE:
Region One ESC · City of Edinburg · City of Mission · Hidalgo County
VIDA · TADCO · SpawGlass · Gulf Aviation · Teach For America RGV

SIGNATURE EXPERIENCES

Take Back Your Remote Control™
For people running on stress, autopilot and empty.

Same Humans. Different Operating Systems.™
For leaders and teams navigating generations, cultures and trust.

Still Ambitious. Just Tired.™
For high-achieving women who are stretched thin.

76% ranked Dina's session the most impactful of the day

4.9/5 average attendee satisfaction

100% would hear her again

Post-event surveys · 166 responses · 2024–2026

> *Her approach to activating joy isn't just inspiring — it's practical and results-driven.*
> — FELIDA VILLARREAL, PRESIDENT & CEO, VIDA

Let's *wake up* the room.

KEYNOTES · WORKSHOPS · HALF-DAY EXPERIENCES · LEADERSHIP SERIES

dinasabnani.com | hello@dinasabnani.com

BOOK DINA

Why *Dina?*

Because your audience doesn't just need information. *THEY NEED A SHIFT.*

THE JOY ACTIVATOR™
KEYNOTE SPEAKER & FACILITATOR
HUMAN ENERGY & WORKPLACE WELLBEING

MANILA (born) · HONG KONG (raised) · LOS ANGELES · NEW YORK · SAN FRANCISCO · DUBAI · SOUTH TEXAS (now)

MEET DINA

Helping people take back their remote, direct their energy and **come alive again** — at work and in life.

> ***Joy isn't a new positioning exercise. It's been her through line for decades.***

CREDENTIALS

- International best-selling author
- 15-year corporate career — Hong Kong, Dubai & the U.S.
- Founder, Happiness Clubs in Dubai & Hong Kong
- UAE Ambassador for International Happiness Day

SELECTED STAGES

- Latina Leadership Conference
- Urban County Leadership Conference
- Boys & Girls Clubs Professionals Association
- Woman on a Mission Conference

AS FEATURED ON

WHY BUYERS BOOK DINA

1 She changes the energy before she teaches.
Music. Movement. Laughter. People feel the shift first — then the real work lands.

2 Real problems. Zero corporate-manual energy.
Stress, reactivity, friction, trust and capacity — made easier to enter, understand and act on.

3 She gives people language they remember.
The 4Rs. The F-It Micro Reset™. The T.R.U.S.T. Principles™. Ideas stick because people can name them.

4 Lived experience & practical tools.
Cross-cultural range and decades of joy work — without pretending to have all the answers.

5 Warm, funny, human — never fluffy.
The room can laugh and still leave with something useful.

Connect fast. Move the room. Tell the truth. Leave them with something useful. Bring Dina.

Your people need a *shift.*

KEYNOTES · INTERACTIVE WORKSHOPS · HALF-DAY EXPERIENCES · LEADERSHIP SERIES

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BOOK DINA

THE DINA EXPERIENCE

You're not hiring Dina to read slides *AT PEOPLE.*

Underneath the fun are ideas and tools people actually use when real life starts pushing buttons again.

AS FEATURED ON NBC abc DUBAI one

STORIES. LAUGHTER. MOVEMENT. *And at least one "Ohhh... that's us."*

> ***Your presence is AMAZING & electrifying! Our team was all smiles & laughs for the remainder of the day!***
>
> — ARLENE GARZA, PRESIDENT, GULF AVIATION

"She uses real-world experiences and stories to help us change the way we think about our daily lives — and how we interact with our colleagues."

— CELINE PEREZ, HR
TADCO ROOFING & WATERPROOFING

"You make an impact. You make us smile, you make us laugh — we need to have you here every year!"

— LUPITA GUERRA
MARKET MANAGER, WALMART

BY THE NUMBERS

76% ranked her the most impactful of 6 sessions

4.9/5 average attendee satisfaction

100% said it improved their skills & understanding

97% left with tools to use immediately*

Post-event surveys, regional education service center, 166 responses, 2024–2026. *City of Edinburg employee session.

Watch Dina *in action*

SELECTED CLIENTS

TADCO · VIDA (Educating One Life at a Time) · SpawGlass · Gulf Aviation · The City of Edinburg · City of Mission, Texas · Office of the District Clerk, Laura Hinojosa · Leah Wise Law Firm (Houston • McAllen) · Villalobos Law Firm · Boys & Girls Club of Pharr - San Juan · Teach For America Rio Grande Valley · Urban County

Want this *energy* in your room?

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BOOK DINA