

ABOUT ME



DR SAURABH PATIL

SPR COACH || SPEAKER || AUTHOR || RESTAURATEUR



DR. SAURABH PATIL

KEYNOTE SPEAKER | MEN'S COACH |
EMOTIONAL INTELLIGENCE & ANGER MANAGEMENT SPECIALIST

ABOUT ME:

Dr. Saurabh Patil is a **keynote speaker, men's coach, and entrepreneur** dedicated to transforming men's mental and emotional well-being. Drawing from his journey of overcoming anger, stress, and burnout, he equips men with powerful tools to navigate life's pressures and unlock their full potential.

As an **SPR (Stop-Pause-Restart) Specialist**, he helps men break free from impulsive reactions, turning rage into resilience and stress into strength through **NLP, mindfulness, and emotional intelligence**. His keynotes and coaching programs provide actionable strategies for developing balance, self-awareness, and leadership.

Beyond coaching, Saurabh is a **LinkedIn strategist and mentor for aspiring speakers**, guiding professionals in storytelling, personal branding, and digital engagement. Whether delivering high-energy talks, resilience workshops, or one-on-one coaching, he is on a mission to redefine masculinity—proving that true strength lies in self-mastery.

Let's break the cage. It's time to **Stop. Pause. Restart.**

1. The Hidden Cost of Suppressed Anger: Turning Emotional Baggage into Productive Energy

Why It Matters: Suppressed anger leads to burnout, disengagement, and poor decision-making. This session reveals its impact on mental health, relationships, and leadership while providing tools to channel it productively.

Benefits:

- Individuals: Better emotional intelligence, stress management, and decision-making.
- Teams: Stronger communication, fewer conflicts, and a psychologically safe workplace.

2. High-Pressure Leadership: Managing Anger, Stress & Decision Fatigue for Peak Performance

Why It Matters: Leaders often struggle with stress, emotional exhaustion, and poor decision-making. This session provides neuroscience-backed strategies for emotional regulation, clarity under pressure, and team resilience.

Benefits:

- Individuals: Stronger resilience, better stress control, and leadership effectiveness.
- Teams: Stable leadership, improved morale, and higher productivity.

3. Breaking the "Strong, Silent Type" Myth: Emotional Intelligence as a Competitive Edge for Men

Why It Matters: Emotional suppression leads to isolation, miscommunication, and disengagement. This talk challenges outdated norms, promoting authentic leadership and workplace relationships.

Benefits:

- Individuals: Increased self-awareness, conflict resolution, and relationship-building.
- Teams: Higher engagement, stronger collaboration, and an inclusive work culture.

4. The SPR (Stop, Pause & Restart) Method: Overcoming Burnout & Sustaining Peak Performance

Why It Matters: Professionals push themselves relentlessly, leading to burnout and exhaustion. The SPR Method offers a structured approach to reset the mind and sustain performance.

Benefits:

- Individuals: Prevents burnout, improves work-life balance, and sharpens decision-making.
- Entrepreneurs: Enhances creativity, prevents stress-driven burnout, and ensures long-term growth.
- Speakers: Reduces stage anxiety, improves focus, and sustains energy for impactful speaking.

BOOK: "THE ALCHEMY OF ANGER"

Past Clients:



Delivery methods:

Keynote | Masterclass | Coaching | Panel discussion | Workshops

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Saurabh Patil

ACHIEVEMENTS:

Supernova- Significant achievement in L&D in 2022 by Indian leadership Academy