

EREM LATIF

“Most people are trying to change their lives. Few understand the system creating them.”

Erem Latif has created a new field, Human Technology, the science of upgrading how people think, decide, lead, and perform in the age of AI and beyond.

A behavioral scientist (MS, Physiology; MBA), global speaker, executive advisor, and Amazon best-selling author, she combines 10 years of clinical practice with more than a decade advising the C-suite. She is the founder of Engagement Lab and author of Live Engaged.

Upgrade the Human. Elevate the Performance.

Reimagining how we live, lead, and perform in the age of AI and beyond

Signature Conversations

- Why Smart People Get Stuck
- The Nervous System Behind Performance
- Identity vs. Mindset
- Burnout Isn't a Time Problem
- The Human Edge in the Age of AI
- The Future of Human Performance

They won't just leave inspired. They'll leave seeing themselves differently.

- Greater clarity when the stakes are high
- A practical model for navigating pressure without sacrificing performance
- A deeper understanding of the identity that shapes every decision
- New tools for leading with greater confidence and influence.
- A renewed belief in what's possible when we upgrade the human behind the performance

www.eremlatif.com and
www.liveengaged.eremlatif.com/media

