



## Doug Manuel

Doug is a versatile motivational speaker, workshop leader, and musician. Known for his profound understanding of business dynamics and an innate ability to foster collaboration, Doug's talks and workshops are designed to invigorate and unite people across live, hybrid, and virtual events.

### KEY TOPICS

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- Resilience
- Empathy
- Purpose
- Stress Management / Mindfulness
- Leadership / Collaboration

### BIOGRAPHY

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## Doug Manuel: Energising Teams and Inspiring Change

Doug Manuel stands out as a motivational speaker, workshop leader, and accomplished musician. With a career spanning over two decades, he has honed a unique blend of skills, making him a sought-after figure in corporate and personal development arenas. His approach goes beyond mere speeches, involving interactive experiences that energise and connect people, whether in person or virtually.

### Journey into Empathy and Empowerment

From the vibrant rhythms of West Africa to the stages of TEDx and collaborating with Oprah Winfrey, Doug Manuel's journey is as varied as it is inspiring. His story began in a drumming workshop, sparking a lifelong passion for African music and leading to his transition from a BBC documentary producer to a full-time motivational speaker and musician. This transformative journey has armed him with insights into human emotion, empathy, and the power of active listening, all of which he brings to his engaging sessions.

### Breakthrough with Rhythm

Doug Manuel's sessions are not your typical keynote speeches. They are dynamic, interactive, and full of energy, using stories, music, and rhythm to break down barriers and boost group energy. Whether it's a workshop or a breakout session, Doug's methods are tailored to foster personal growth, enhance team collaboration, and drive leadership development. His engaging style ensures that the lessons learnt and the energy infused last long after the event has concluded.

## Empathy in Leadership

Empathy lies at the heart of Doug Manuel's philosophy. He believes in nurturing resilience, enhancing purpose, and developing leadership skills that are crucial in today's fast-paced and ever-changing world. His topics cover a wide range, from mindfulness and stress management to leadership development and team building. These sessions are particularly impactful in leading business schools and among Fortune 500 companies, where the demand for genuine, empathetic leadership is ever-present.

## Lighting Up Lives

Beyond the stage and workshop settings, Doug Manuel is deeply involved in charitable works. His initiative 'Lighting Up Lives' aims to create sustainable solutions in African communities, tackling issues from health and sanitation to education and energy. This venture not only reflects his commitment to making a tangible difference in the world but also serves as a model of putting empathy and collaboration into practice.

## Book Doug Manuel for Your Next Event

Discover how Doug Manuel can elevate your event or organisation with his invigorating speeches and workshops. Visit our [contact page](#) to learn more about his unique approach to motivation and empowerment and how his services can be tailored to meet your needs.

## WHAT PEOPLE SAY

*"When I hear about anything that's good, I love to share it."*

**— Oprah Winfrey introducing Doug Manuel at her Super Soul Sessions.**

*"Doug became an integral part of our 2 day Enlarged Management meeting. Not only did he provide an excellent experience and demonstration of team work and cohesion, he also helped us address some critical elements of project management in particular the importance of clear communication. I would like to thank him for his intervention and would certainly not hesitate in recommending him and his work!" "*

**— Nestlé Research Centre**

*"We've worked with Doug several times now and he keeps coming up with the goods. The feedback from my staff after a session is hugely satisfying. We all feel that the sessions break down barriers between management and employees allowing for a new experience that helps us to look at business issues from a different angle. I will continue to work with Doug on a regular basis." "*

**— MBA Programme, IMD International**