

Doug Manuel

Doug Manuel is an international keynote speaker and expert in collaboration, human connection and team performance. Through his interactive From Me To We™ methodology, he transforms audiences into connected teams, helping organisations strengthen trust, build belonging and create cultures where people work better together.

KEY TOPICS

- **From Me To We™ – The Keynote: The Cure for the Loneliness Epidemic**

An immersive keynote exploring the impact of loneliness and disconnection on employee engagement, retention and performance. Combining personal storytelling with his three-step From Me To We™ methodology, Doug brings audiences together through interactive exercises, rhythm and shared experiences. Participants discover the power of empathy, trust and belonging, leaving with practical tools to strengthen workplace connection.

- **From Me To We™ – The Drums: Collaboration a Team Can Feel in Their Hands**

An energetic, interactive drumming experience that brings teamwork and collaboration to life. Using African djembe drums, Doug guides audiences through a shared musical journey, demonstrating the importance of listening, trust and collective responsibility. No musical experience is required, as participants discover how individual contributions combine to create stronger, more connected teams.

- **From Me To We™ – The Workshop: Turning Insight Into Operating Habit**

A practical, half-day workshop designed to turn collaboration into lasting workplace behaviours. Tailored to each organisation's challenges, Doug helps teams identify communication barriers, strengthen listening skills and build trust. Through interactive exercises and shared experiences, participants develop actionable commitments to improve teamwork and collaboration long after the event.

BIOGRAPHY

Connecting People, Transforming Teams

Doug Manuel is an international keynote speaker, collaboration expert and creator of the From Me To We™ methodology, an immersive approach to building trust, connection and collective performance. Through music, storytelling and shared experiences, he demonstrates how individuals can become stronger, more connected teams. Having delivered more than 1,000 sessions for over 500 organisations across five continents, Doug brings a distinctive approach to corporate events. Rather than simply talking about collaboration, he creates it live, enabling audiences to experience the power of listening, empathy and working towards a shared goal.

From BBC Filmmaker to Global Keynote Speaker

Doug's journey began in television, where he built a successful career as a BBC filmmaker. Despite his professional achievements, he experienced a profound sense of isolation, rooted in a childhood marked by family separation and boarding school. A drumming workshop in Oxford in 1996 became a turning point. Inspired by the experience, Doug left television and travelled to West Africa, where he discovered the importance of community, belonging and human connection through village life in Senegal. These experiences shaped his belief that meaningful connection is essential to both personal wellbeing and organisational success. In 2000, Doug began bringing these insights into the corporate world, developing his signature From Me To We™ methodology to help organisations overcome disconnection and strengthen collaboration.

The From Me To We™ Methodology

Doug's methodology combines practical techniques with immersive group experiences to create lasting behavioural change. Built around three stages, it helps individuals develop greater self-awareness, strengthen empathy and experience the benefits of collective action.

- Awareness of Self: Developing self-awareness and emotional regulation through breathing and practical techniques.
- Awareness of Others: Strengthening empathy, active listening and understanding between colleagues.
- Collective Synergy: Experiencing the power of collaboration through rhythm, voice and shared participation.

The methodology has been refined through more than two decades of corporate and executive education programmes. Doug has taught at IMD since 2002 and has also worked with CEIBS in China, HEC Paris and INSEAD. His approach is endorsed in IMD's publication Mastering Executive Education.

An Immersive Speaking Experience

Doug is known for his engaging, energetic and highly interactive presentations, combining personal storytelling, music and audience participation to turn leadership and collaboration concepts into memorable experiences. His sessions range from inspirational keynotes to large-scale interactive drumming experiences and tailored team workshops. Whether addressing ten executives or an audience of several thousand, Doug creates an inclusive environment where everyone can participate, regardless of musical experience. His programmes are designed to help organisations address challenges around employee engagement, communication, trust and workplace belonging. Audiences leave with practical approaches to strengthening relationships, improving collaboration and creating more connected working environments.

Trusted by Leading Global Organisations

Doug has worked with organisations including Google, McKinsey, PwC, LVMH, Oracle, Shell, Nestlé and BMW. His work has also attracted international recognition. Oprah Winfrey selected him to open her third Super Soul Sessions, and he has performed at TED Global. His experience spans corporate conferences, leadership development programmes, executive education and large-scale organisational events.

Lighting Up Lives: Creating Connection Beyond Business

Beyond his corporate work, Doug founded Lighting Up Lives, a not-for-profit organisation supporting rural

communities across West Africa. Maintaining close ties with communities in Senegal, he continues to explore how shared experiences, cultural traditions and community relationships can strengthen human connection. He is also producing a documentary exploring potential solutions to the loneliness epidemic, filmed in Senegal and Guinea, with a US impact campaign in development.

Keynote Presentations, Drumming Experiences and Workshops

Doug offers three distinctive formats, each tailored to an organisation's objectives and event theme. From Me To We™ – The Keynote: A 30–75-minute interactive presentation exploring loneliness, belonging and the importance of meaningful connection. Suitable for audiences of 10–5,000, in person or virtually, without musical instruments. From Me To We™ – The Drums: A 15–90-minute immersive drumming experience where groups of 10–3,000 participants discover the importance of listening, teamwork and collective performance through shared rhythm. From Me To We™ – The Workshop: A half-day programme for groups of 10–200, designed to turn the principles of collaboration into practical behaviours and commitments that teams can apply in their everyday work. Doug delivers presentations in English and French. Contact us now to discover how Doug Manuel can bring your audience together through an unforgettable shared experience, helping your organisation strengthen trust, improve collaboration and build a culture of genuine connection.

WHAT PEOPLE SAY

> "*“When I hear about anything that’s good, I love to share it.”*"
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> **— 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!”* "
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> **— 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.”* "
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> **— MBA Programme, IMD International**