Sam Kabert — Full Bio

Sam Kabert is an Emotional Fitness Trainer helping leaders regulate pressure, think clearly, and lead effectively under sustained demand.

His work is grounded in neuroscience, including the 90-Second Rule, which shows that emotions move through the body in roughly 90 seconds. Most leaders try to think their way out of stress, which often keeps them stuck in mental loops. Sam has helped thousands interrupt the stress cycle in real time using the B.R.E.A.T.H. Method and NLP-based regulation techniques, preventing reactivity, burnout, and poor decision-making before they take hold.

A former Silicon Valley entrepreneur, 40 Under 40 honoree, and 3× bestselling author, Sam is leading a shift in the future of work … moving organizations from reactive mental health conversations toward proactive emotional fitness. He also certifies leaders and facilitators to embed emotional fitness as a core workplace capability, strengthening resilience, culture, and performance at scale.