

Erem Latif

Redefining Leadership Through Conscious Engagement
Erem Latif bridges science and spirituality to help women leaders align performance with purpose.

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Erem Latif is a medically trained neurophysiologist and quantum business advisor. As a best-selling author, writer, international motivational speaker, and executive coach with over 20 years of experience in human performance design, whole health optimization, and self-realization applications, Erem believes that happiness and success are rooted in science and are cultivated through a concept she has coined the Helix of Health™.

Her patented protocols—rooted in neuroscience, quantum physics, psycho-cybernetics, behavioral health, somatic therapy, natural language processing, and integrative health—help clients achieve professional and personal success while transforming their life experience. Passionate about conscious engagement, alignment, and authenticity, Erem inspires clients and community members to live engaged—integrating performance with peace, ambition with authenticity, and leadership with luminosity.

Erem has been featured in Insight Success Magazine, Awakened Magazine and podcast, and Brainz magazine and podcast. She has an MS in Biomedical Science and an MBA in Healthcare Management. She also has an inner MBA and has been certified a Feminine Frequency Business Leader.



Featured In



Live Engaged:

The Secret to Getting Everything You Want in Life and Business

A practical, heart-centered approach to leading, loving, and living with authentic power. This groundbreaking book is a guide for the enlightened woman, ready to elevate her experience of life, through intention, alignment, and wellness through a unique blend of spiritual wisdom and cutting-edge science.

Hot Topics

- Aligning Mind, Body, and Soul: Utilizing the Helix of Health for Lasting Business and Life Coherence
- The Unseen Glass Ceiling: Using Psycho-Cybernetics and Self-Identity Work to Unlock Confidence and Authenticity
- Why Every C-Suite Needs a CEnO: Designing the Role of the Chief Engagement Officer
- Tapping into the Divine Feminine: Harnessing Intuition as a Competitive Edge in the Workplace
- The Energetics of Success: How Coherent Leadership Creates Collective Momentum and Elevated Revenue

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