DISTRACTED, NOT DISQUALIFIED.

Dari Crawford

The Hidden Cost of **High Performance**

Living. Loving. Leading.



ABOUT DARI

Dari Crawford is a keynote speaker, ADHD advocate, and co-owner of Four Dimensional Consulting. With more than 20 years in operations and strategy, she has spent her career building systems that help people and organizations perform. Diagnosed with ADHD at 46, Dari brings both leadership experience and a personal story to conversations about the unseen effort behind success. Her engaging, story-driven talks give audiences language to recognize hidden strain and practical ways to lead with clarity, structure, and trust.

SIGNATURE KEYNOTE

The Hidden Cost of High Performance

The person meeting every deadline may also be working the hardest just to hold everything together. Dari helps audiences see what high performance can hide, and what meaningful support can change.

AUDIENCE TAKEAWAYS

01 Recognize the hidden strain behind high performance.

02 Distinguish functioning from thriving.

03 Use clarity, structure, and trust to support sustainable performance.

Bring Dari To Your Room

Available for keynotes, leadership conversations, panels, and workshops tailored to your audience.

WHO THIS IS FOR

- Leaders and people managers
- HR and People Operations teams
- Public health and mission-driven organizations
- People living with, loving, or leading someone with ADHD

BOOKING AND INQUIRIES

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SCHEDULE A CONVERSATION
Book a call with Dari

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