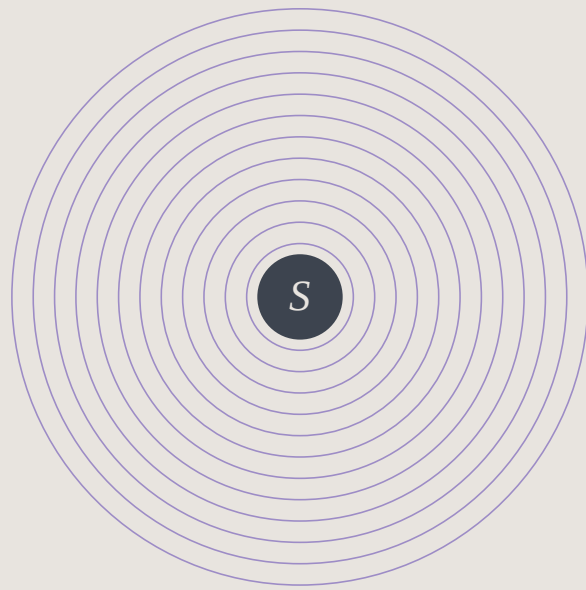




SABS · FOUNDER, KOKOROLOGY

Speaker Media Kit

Quality of life over longevity is the goal.

INSIDE

Bios

50 / 100 / 200 words

Portrait & assets

Logo, mark, high-res on request

Tracks & press

Active outreach + booked links

SPEAKER BIO · THREE LENGTHS

50 WORDS

Sabs is the founder of Kokorology, a curriculum for nervous system regulation built for operators, founders, and executives. Her thesis — The Optimization Substitute — names what the wellness industry has been quietly selling and what the body is actually asking for.

100 WORDS

Sabs is the founder of Kokorology, the nervous-system regulation curriculum built for operators. Her thesis — The Optimization Substitute — names what the longevity and wellness industries have been quietly substituting for the felt experience of being a self. She works from the science (Khalsa, Porges, McEwen, Mattson) and the culture in parallel, building the bridge that lets premium audiences move from protocol-stacking into regulation as foundation. Based between Lisbon and Dubai. Founder of Kokorology, the brand naming and building the architecture of the regulated operator.

200 WORDS

Sabs is the founder of Kokorology, the curriculum and brand naming The Optimization Substitute — the cultural and physiological gap between what the wellness industry has been quietly selling and what the body is actually asking for. Her work translates the peer-reviewed science of interoception (Khalsa, 2018), polyvagal theory (Porges), allostatic load (McEwen) and metabolic regulation (Mattson, Fitzgerald) into a curriculum built for the operator class: executives, founders, and high-functioning women whose protocols have stopped working. Kokorology's offer ladder runs from the 7-Day Nervous System Reset through L1 Regulation, the Anchor series, and L2 Performance — a foundations-first sequence: regulation, stabilisation, capacity, performance. Based between Lisbon and Dubai. Available for conference keynotes, premium podcasts, university lectures, and corporate workshops on burnout, longevity critique, and nervous-system literacy.

PORTRAIT & BRAND ASSETS

- High-resolution headshots (square + landscape, neutral + on-stage) on request
- Kokorology wordmark and circular mark — SVG + PNG, light and dark
- Approved colour palette: Purple #9d8cc6 · Cream #e8e4df · Slate #3d444f · Olive #8a8869
- Type lockup: Playfair Display (italic, display) + Inter (body/UI)

REQUEST ASSETS

Email speaking@kokorology.com — assets returned within 24 hours.

PURSUING IN PARALLEL

Global Wellness Summit

Partnership track. Trends contribution, Summit slot, longer-term industry curriculum on the regulated operator as the next industry archetype.

World Economic Forum

Authority track. Health & Healthcare panel; women's-health science stack focused on interoception, allostatic load, and the metabolic-regulation overlap.

Premium podcast circuit

Cultural reach. Tier-1 longevity and operator podcasts. Thesis-led pitch — one image, one mechanism, one doorway.

University & graduate lectures

Faculty track. Lecture format for medical, public-health, and psychology programmes covering The Optimization Substitute as a teaching frame.

PRESS LINKS

Manifesto · The Optimization Substitute<https://kokorology.com/optimization-substitute>**Speaker page (talk variants + RSVP)**<https://kokorology.com/speaking>**Press kit (one-pager, factsheet, photos)**<https://kokorology.com/press>**Founder page**<https://kokorology.com/about>**Journal — long-form essays**<https://kokorology.com/journal>**Instagram**<https://instagram.com/kokorology>**LinkedIn**<https://linkedin.com/company/kokorology>**Direct (speaking enquiries)**<mailto:speaking@kokorology.com>*Book the talk.*

RSVP for the full one-pager — bios, talk variants, A/V rider, booking terms.

→ kokorology.com/speaking#book

speaking@kokorology.com