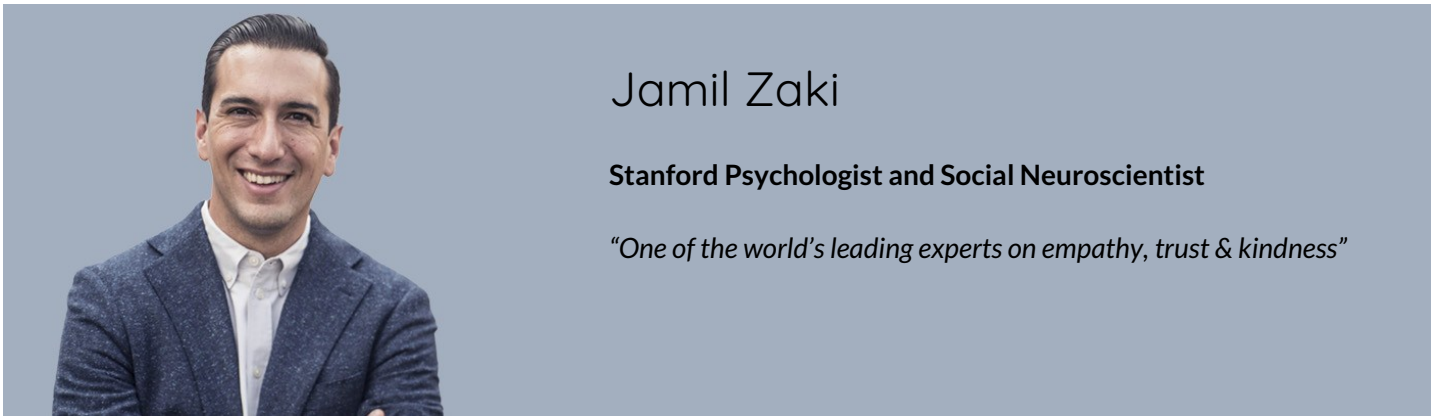

Jamil Zaki

Stanford Psychologist and Social Neuroscientist

"One of the world's leading experts on empathy, trust & kindness"

Jamil Zaki is a professor of psychology at Stanford University and director of the Stanford Social Neuroscience Laboratory. Through his pioneering research in social neuroscience, he explores how people understand one another, build stronger relationships, and create more compassionate communities and workplaces. He has become a leading voice on how empathy and optimism can help individuals and organisations thrive in an increasingly polarised world.

TOPICS:

- The Science of Empathy
- Building Trust in an Age of Cynicism
- Creating Cultures of Kindness
- Psychological Safety and High-Performing Teams
- Human Connection in the Digital Age
- Leading Through Uncertainty with Empathy
- The Neuroscience of Collaboration
- How Hope and Trust Drive Better Performance

LANGUAGES:

He presents in English.

PUBLICATIONS:

2024 Hope for Cynics: The Surprising Science of Human Goodness

2019 The War for Kindness: Building Empathy in a Fractured World

IN DETAIL:

Jamil's work sits at the intersection of psychology, neuroscience, and human behaviour offering fresh insights into how empathy shapes our relationships, leadership, and society. His research demonstrates that empathy is not an innate quality reserved for a few, it is a skill that can be strengthened through intentional practice. His work has been published in leading scientific journals and featured by major media outlets, making complex scientific concepts accessible to audiences around the world. Drawing from years of research and real-world examples, Zaki challenges the belief that cynicism is a sign of intelligence or realism. Instead, he presents evidence that hope, kindness, and trust are practical advantages that improve decision-making, strengthen relationships, foster innovation, and create healthier organisations.

WHAT HE OFFERS YOU:

Jamil combines cutting-edge research with compelling storytelling and practical application. His presentations help audiences understand not only why empathy, trust, and kindness matter, but also how to cultivate them in workplaces, communities, and everyday life. His evidence-based approach resonates with organisations seeking stronger leadership, healthier cultures, and more effective collaboration.

HOW HE PRESENTS:

Jamil Zaki is a thoughtful, engaging, and highly accessible speaker who combines cutting-edge scientific research with compelling storytelling and practical insights. His presentations are grounded in evidence while remaining warm, relatable, and optimistic, making complex psychological concepts easy to understand and immediately applicable.