



# Dr. Energy <sup>TM</sup> - Eran Shahar

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Global Speaker | Author | Innovation Leader

 Based in Israel |  Working Globally

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## Professional Summary

Eran Shahar, also known as “Dr. Energy,” is a global speaker, author, and a leader in organizational innovation. He combines high-level insights with simple, practical tools to help individuals and teams wake up, take charge, and ignite their energy — both personally and professionally. He has worked with thousands of leaders across industries such as retail, high-tech, defense, and manufacturing.

## Professional Experience

Founder & CEO, ‘Dr. Energy’ | 2004–Present

Global speaking and leadership training company.

High School Teacher | 2021–2023

Taught innovation and personal development to teenagers.

Nirmi (strat up) | 2020–2023

Founder & Impact Leader. Social-tech platform to reduce loneliness, especially among children with autism.

MyCockpit (start up) | 2000–2004

Smart dashboard for retail orgs. Founder, CEO. Raised capital, led development. Platform acquired by a major software company.

Nokia Global HQ, Finland | 1999–2000

Executive-level leader responsible for \$400M/year. Managed 3G deployment. Reported to Global VP. Led B2B partnerships across Europe.

Keter Plastic | 1996–1999

Led a full business unit as P&L owner. Developed 200+ products. Worked with IKEA, Home Depot, Hornbach. Managed M&A processes and helped expand globally to \$300M.

Strauss Danone | 1990–1996

Oversaw product lines generating over \$40M/year. Managed 400+ retail locations. Led R&D, market research, and innovation. Member of executive team reporting to VP Marketing & CEO.

## Education

- B.A. in Psychology & Economics – Bar-Ilan University
- Executive Management Training – Nokia Global Academy
- 8-Year Independent Behavioral Research Study – with Prof. Avi Degani, Geo-Cartography Institute

## Military Service

Combat Paratrooper, Elite Unit | 1986–1989

## Books & Tools

Books:

- "Take a Deep Breath"
- "CEO – Chief Energy Officer"
- "There's Hope – The Pocket Book of Optimism"
- "Passionate Relationships – The Pocket Guide"

Tools:

- Team card decks and gamified learning kits
- "Enthusiasm Dice" for team engagement

## Personal

- Married to Rutie Livnat, M.A. in Educational Counseling — an extraordinary woman and my best friend.
- Father of four (ages 17–28), including one amazing son with autism — we've grown a lot together.
- Based in Israel — but my heart beats globally.
- Grew up with my grandparents in Europe — still stir my coffee counterclockwise.
- Deeply sensitive (sometimes too much... or so they say).

## **Hobbies & Interests**

- Sports enthusiast: open-water swimmer
- Avid lover of philosophy and contemplative thought.
- Piano player (mainly when no one's listening).
- Writes, invents, and occasionally dances like nobody's watching.
- Passionate about curiosity, compassion, and daily laughter.

## **Public Speaking**

- Keynote speaker at major global business and HR conferences.
- Topics: Energy Management, Emotional Engagement, Innovation Thinking, Team Dynamics.

## **Volunteering & Social Impact**

- Volunteer at 50+ NGOs.
- Founder of “Nirmi” — social initiative to fight global loneliness.