

Doug Manuel

Keynote speaker on human connection and collective performance.
Creator of the From Me To We™ Methodology.

- Former BBC documentary producer
- Shared the stage with Oprah Winfrey
- Harvard Business School · IMD · HEC Paris

- TED Global and TEDx speaker
- Founder, Lighting Up Lives NGO
- INSEAD · CEIBS · World Economic Forum

Doug Manuel doesn't just talk about performing as one – he creates it, live, in real time.

A room walks in as individuals. It walks out as one.

That shift is what Doug has spent thirty years learning to create, first in the villages of rural West Africa and then on stages around the world, from Harvard Business School to the World Economic Forum. He is the creator of the From Me To We™ Methodology, which he pioneered in corporate work in 2000.

He arrived there by an unlikely route. Sent to boarding school at eight, Doug was lonely long before it was an epidemic. He left school at seventeen, drifted through the travel industry and talked his way into a runner's job with a film company, which turned into eight years at the BBC. Then, at twenty-seven, a friend took him along to a djembe drumming workshop. Within months he had quit the BBC, rented out his flat and flown to The Gambia, Guinea and Senegal to study with the masters.

What began as a personal journey became his life's work: understanding what allows people to connect deeply, overcome their differences and perform as one. He bought a home in the coastal Senegalese village of Abéné, and thirty years later he is still going back.

Today Doug is an internationally sought-after keynote speaker, performer, filmmaker and humanitarian. He has delivered more than 1,000 events for over 500 organizations, including many of the Fortune 500, with a Net Promoter Score above 90%, and has worked alongside IMD Business School for more than twenty years. He has taken the same three steps into leadership teams and business schools, and into refugee centers, schools and prisons. Whether he is in front of a senior leadership team or several thousand people in an arena, he combines storytelling, music, film and interactive rhythm-based exercises to turn passive audiences into active participants.

His work answers the challenge leaders raise most often: trust. Talented people can be surrounded by colleagues all day and connected to almost none of them, and that is where collaboration, trust and collective performance quietly leak away. Through the three steps of the From Me To We™ Methodology, Awareness of Self, Awareness of Others and Collective Synergy, Doug helps participants recognize the habits that keep them apart, tune in to the people around them, and experience what becomes possible when individual contributions align around a shared purpose.

The result is far more than a moment of entertainment. Empathy turns into behavior. Trust is built in the room rather than asked for. Silos dissolve, energy shifts, and teams leave performing as one. And it is still there on Monday.

Beyond the stage, Doug is producing a feature documentary about the cure to the loneliness and isolation epidemic, and he founded Lighting Up Lives, a nonprofit that has brought solar energy and sustainable community solutions to underserved villages in West Africa. It reflects the principle at the heart of everything he does: meaningful change is not created for people, but with them.

BOOKING

Formats

All three are built on the From Me To We™ Methodology. Delivered in English and French, from Miami and Switzerland.

The Keynote	30–75 minutes · any size, up to 5,000 people · conference stage, leadership summit or auditorium. His signature keynote, framed to your theme. Virtual option available.
The Drums	15–90 minutes · 10 to 3,000 people · a djembe in front of every person, one team by the end of the session. Instruments and logistics handled.
Workshops	Half a day · 10 to 200 people · built from scratch around your brief, with or without drums, to turn the insight into habits.

Not sure which format? If your people will be seated in rows in a large auditorium, The Keynote is the one. If they can sit with an instrument in front of them, consider The Drums. Either way, Doug speaks with your organizers before the event and frames the session to your theme.

Enquiries: hello@dougmanuel.com · answered within 24 hours. Headshots, the stage introduction script and the technical rider are all at dougmanuel.com/for-planners.

SHORT VERSIONS

Ready-to-use introductions

Copy these straight into your program, website or app. No approval needed.

One line (22 words)

Doug Manuel is a keynote speaker on human connection and collective performance, and the creator of the From Me To We™ Methodology.

Short (68 words)

Doug Manuel is a keynote speaker on human connection and collective performance, a former BBC documentary producer and the creator of the From Me To We™ Methodology. He left an eight-year BBC career to study drumming in West Africa and has spent thirty years since between rural Senegal and the world's leading stages, delivering over 1,000 events for more than 500 organizations, including many of the Fortune 500.

Medium (123 words)

Doug Manuel doesn't just talk about performing as one - he creates it, live, in real time. A former BBC documentary producer, he left broadcasting to study music in West Africa and spent thirty years learning how a group of individuals becomes one team. Today he brings that understanding to conference stages worldwide, from Harvard Business School to the World Economic Forum, using storytelling, music and participation to turn an audience into a team. His From Me To We™ Methodology moves a room through three steps (Awareness of Self, Awareness of Others and Collective Synergy) so that people leave not just informed but performing as one. He has shared the stage with Oprah Winfrey and is the founder of the Lighting Up Lives NGO.