

MEDIA KIT

DR ESPEN WOLD-JENSEN

Author · Speaker · Advisor

Pioneer in the Science of Consciousness

BIOGRAPHY

DR ESPEN WOLD-JENSEN is an author, advisor, speaker, and pioneer in the science of consciousness.

From being told he might never walk again to becoming a world-leader in the field of transformation, Dr Espen is living proof that the impossible is possible.

After surviving two shattered legs and a life-threatening hospital infection, he embarked on a journey of self-healing and inner mastery and rose to become a world-renowned researcher of neuroscience and quantum physics, executive advisor and philanthropist.

In recognition of his extraordinary contributions to human transformation and the advancement of consciousness science, Dr Espen was awarded a Knighthood in July 2026 — an honour he carries with humility and purpose as Sir Espen Wold-Jensen.

Through his signature framework, the Dr Espen Method — delivered globally through The Quantum Academy seminars and retreats — he blends the science of consciousness with ancient wisdom and cutting-edge personal development to unlock human potential across all eight areas of life.

His work is featured in the Gaia TV Quantum Breathwork series and his live experiences and online programs have transformed over 3.5 million lives worldwide — guiding seekers, leaders, executives and visionaries to awaken their highest potential, reclaim their energy, and turn pain into power.

AREAS OF EXPERTISE & SPEAKING TOPICS

- The Science of Consciousness & Quantum Healing
- Neuroscience of High Performance & Human Potential
- Quantum Breathwork & Somatic Transformation
- The Dr Espen Method: 8 Areas of Life Mastery

- From Trauma to Transformation: Turning Pain into Power
- Corporate Wellness & Executive Peak Performance
- Ancient Wisdom Meets Cutting-Edge Science
- Spiritual Leadership & the Soulpreneur Mindset
- Mindset, Energy & Vibrational Medicine
- Resilience, Recovery & the Power of Belief

SIGNATURE PROGRAM

The Dr Espen Method — delivered globally through The Quantum Academy, a world-class series of seminars, retreats, and online programs that integrate neuroscience, quantum physics, breathwork, and ancient wisdom to produce measurable transformation across all eight areas of life.

BOOK

Quantum Breath

Published by Penguin Random House

Dr Espen's landmark debut title published by one of the world's leading publishers, Penguin Random House. Quantum Breath presents the science and practice of transformational breathwork, blending quantum physics, neuroscience and ancient wisdom into a practical guide for healing, awakening and peak performance.

Penguin Random House: [View listing](#)

Amazon: [Purchase on Amazon](#)

Press Release: [Quantum Breath Press Release](#)

TV & STREAMING

Gaia TV — Quantum Breathwork Series

Dr Espen's Quantum Breathwork series is featured on Gaia TV, the world's largest streaming platform dedicated to conscious media, reaching millions of viewers globally.

[Watch on Gaia](#)

Amazon Prime Video

[Watch on Prime Video](#)

YouTube

[Featured Talk / Video](#)

[YouTube Channel: @dr_espen](#)

PODCAST — THE DR ESPEN PODCAST

A leading consciousness and transformation podcast available on all major platforms, covering neuroscience, quantum science, spirituality, breathwork, and personal mastery.

Spotify: [Listen on Spotify](#)

Apple Podcasts: [Listen on Apple Podcasts](#)

Amazon Audible: [Listen on Audible](#)

Podcast Kit: [Download Podcast Kit](#)

PRESS & MEDIA COVERAGE

[Global Citizen — "From Trauma to Transformation"](#)

[Khaleej Times — "Why New Year Doesn't Mean New You"](#)

[LinkedIn Pulse — "Unlocking Human Potential: The Journey of Dr Espen"](#)

[Melissa Ambrosini Podcast — "Using Quantum Science to Unlock Healing, Abundance & Potential"](#)

[Wisdom From North — Dr Espen Feature](#)

[BP Forum — "Unlocking Human Potential: The Journey of Dr Espen Wold-Jensen"](#)

FULL MEDIA KIT

[Download Complete Media Kit \(Google Drive\)](#)

PORTRAIT PHOTOGRAPHS

[Photo 1 — Dr Espen Branding Photoshoot](#)

[Photo 2 — Dr Espen Branding Photoshoot](#)

SOCIAL MEDIA & ONLINE PRESENCE

Website: www.drespen.com

Corporate Wellness: www.qcor.org

Instagram: [@dr_espen](#)

Facebook: [Dr Espen Wold-Jensen](#)

TikTok: [@dr_espen](#)

X (Twitter): [@EspenWoldJensen](#)

YouTube: [@dr_espen](#)

LinkedIn: [Dr Espen Wold-Jensen](#)

IMPACT & REACH

3.5 Million+

Lives Transformed Worldwide

SPEAKING FORMATS

- Keynote Addresses (45–90 min)
- Corporate Workshops & Immersive Training Days
- Executive Retreats (1–5 days)
- Virtual Webinars & Online Masterclasses
- Panel Discussions & Moderated Q&A
- VIP Private Events & Bespoke Experiences

CONTACT & BOOKING

For speaking engagements, media appearances, collaboration, and booking enquiries, please contact the A-List Agency agent on semia@thea-list.co.

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Corporate Wellness: www.qcor.org

Instagram: [@dr_espen](https://www.instagram.com/dr_espen)