

SUNEEL GUPTA

Experto en Bienestar y Desempeño; Autor best seller, empresario de la salud e investigador visitante en la Escuela de Medicina de la Universidad de Harvard

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- As the founding CEO of RISE, a breakthrough wellness company, helped thousands of people build better habits for life and work
- Helping organizations reach sustainable peak performance by bolstering their people's emotional resilience
- Author of the international bestselling book Backable (2020). The book reveals the mindset shifts and hidden habits of people who are extraordinary at pushing new ideas forward
- His next book will unveil the habits of high-pressure performers, explaining why some people burn out, while others reach new levels of resilience, productivity, and momentum
- At Harvard Medical School, Suneel researches and teaches the interconnection between inner well-being and outer leadership
- The company was named "App of the Year" and partnered with then first-Lady Michelle Obama

- His purpose is to find good people, and inspire them to do what inspires them
- Suneel and his brother, CNN's Dr. Sanjay Gupta, are sons of a refugee who rose from poverty to become Ford Motor Company's first female engineer. He leaves audiences with a unique combination of neuroscience-based techniques and heartwarming personal stories

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"Leaders and teams that fizzle out don't run out of time or talent. They run out of energy."

Suneel Gupta

As the founding CEO of RISE, a breakthrough wellness company, Suneel Gupta helped thousands of people build better habits for life and work. Now as a bestselling author and Harvard Medical School visiting scholar, Suneel has taken his mission one step further – helping organizations reach sustainable peak performance by bolstering their people's emotional resilience. He asks the question, "How can an organization excel on the outside if its people are exhausted on the inside?" Suneel challenges our reliance on grit and hustle, which are also scientifically associated with exhaustion. Instead, he offers leaders and teams new, science-based ideas for the changing world of work – habits for beating burn-out and boosting long-term creativity, innovation, and productivity.

Suneel is a business survivor and the author of the international bestselling book Backable(2020). The book is rooted in his inner journey from twice-failed entrepreneur to becoming a leader behind two IPOs and being named "The New Face of Innovation" by the New York Stock Exchange. The book reveals the mindset shifts and hidden habits of people who are extraordinary at pushing new ideas forward.

His next book, due in 2023, will unveil the habits of high-pressure performers, explaining why some people burn out, while others reach new levels of resilience, productivity, and momentum.

As visiting scholar at Harvard Medical School, Suneel researches and teaches the inter-connection between inner well-being and outer leadership. He is also emissary for Gross National Happiness between the United States and the Kingdom of Bhutan.
As CEO of RISE Suneel helped thousands of people establish a way to personalize their

physical and mental health journey while connecting with certified nutritionists and trainers at an affordable price. The company was named “App of the Year” and partnered with then first-Lady Michelle Obama before being successfully acquired by the NASDAQ-listed company One Medical Group.

Suneel is currently the host of Business Class, a podcast and docuseries created by American Express where he showcases leaders who embody struggle and resilience. He is joined on the show by guests like Top Chef's Tom Colicchio, former monk Jay Shetty, and Martha Stewart.
He has partnered with The Second City comedy theater to teach students and executives how to innovate "on-your-feet" during times of rapid change.
Suneel has also personally backed ventures including Impossible Foods, AirBnB, 23&Me, and SpaceX. He was one of the very first investors in CALM, which now helps millions of people achieve a greater sense of work/life balance.

When a reporter once asked Suneel about his purpose, his response was to “find good people, and inspire them to do what inspires them.”

TEMAS

Suneel tailors each presentation to the needs of his audience and is not limited to the topics listed below. Please ask us about any subject that interests you:

- Resilience
- Peak Productivity Without Burn-Out
- Leadership
- Collaboration
- New Ways to Work Innovation
- Creativity Increase Human Connection
- Improving Well-Being
- Problem-Solving
- Implement Ideas Faster
- Boost Energy
- Rising From Failure

- Happiness/Fulfillment

PROGRAMAS

PURPOSE IN ACTION: BRINGING WHO YOU ARE TO EVERYTHING YOU DO

More than ever before, people are struggling to find meaning in their work. In this talk, Suneel Gupta helps people reset, reignite, and re-engage through a timeless practice called Dharma. Simply put, Dharma brings “who you are” and “what you do” into alignment. When we’re not aligned, we become exhausted, depleted, and burnt out. When we are aligned, we feel creative, energized, and lit up. We’re able to produce our best work and lead ourselves and others effectively, experiencing true joy along the way.

Suneel first learned the practice of Dharma from his grandfather on a porch in New Delhi. Years later, when he was lost and exhausted — struggling to find a sense of meaning in his own work — he returned to the playbook his ancestors left behind and related it to today’s fast-paced, changing world of work.

Suneel shares deeply personal stories of how he found a path back to purpose and joy – and how others have done the same. By the end, you’ll be inspired with actionable tools to re-engage in your work and life with a renewed sense of vigor and meaning.

You’ll learn how to:

- Rediscover your “essence” and express that through your work
- Be “all in” without being “always on”
- Find comfort in the most uncomfortable of situations
- Deal with failure and use it as a pathway to success
- Find yourself by losing yourself through leading and lifting up others
- Blur the lines between work and play to reach your highest potential
- Forge ahead and take decisive action, even in the face of uncertainty

MOMENTUM: BEING ALL IN WITHOUT BURNING OUT

In the face of an exhaustion epidemic, it’s time to rethink how we view high performance. Grit and hustle have their place but are also scientifically associated with burnout. As CEO of RISE, Suneel Gupta helped thousands of people overcome their challenges with physical

and mental health. He now helps organizations increase performance, innovation, and creativity by showing why high-potential people and teams fizzle out. They don't run out of time or talent, they run out of energy! This presentation is rooted in Suneel's one-of-a-kind teaching at Harvard Medical School, as well as eight years of closely studying the habits of extraordinary leaders who reached breakthrough levels of productivity, resilience, fulfillment, and momentum.

Actionable Takeaways Tailored to Each Audience:

- Learn why managing energy is as important as managing time
- Build emotional runway and avoid burnout with science-based practices
- Discover habits from some of the happiest cultures on Earth
- Master everyday practices for boosting morale and engagement
- Reframe failure as a pathway to success
- Master the changing work landscape with less stress

GET BACKABLE – WHY SOME IDEAS MOVE AHEAD WHILE OTHERS GET IGNORED

The future belongs to organizations that fully engage their people in the effort to adapt swiftly to relentless change. But in the changing world of work, building community, collaboration, and connection has become harder than before. Creating a culture that spawns fresh ideas is only half the battle – showing people how to move their ideas forward is the other half that most leaders and organizations miss. When people understand how to get a new idea "backed" by colleagues, customers, and communities…big things happen. Breakthrough ideas rise to the surface, projects proceed faster and smarter, and organizations become magnets for top talent.

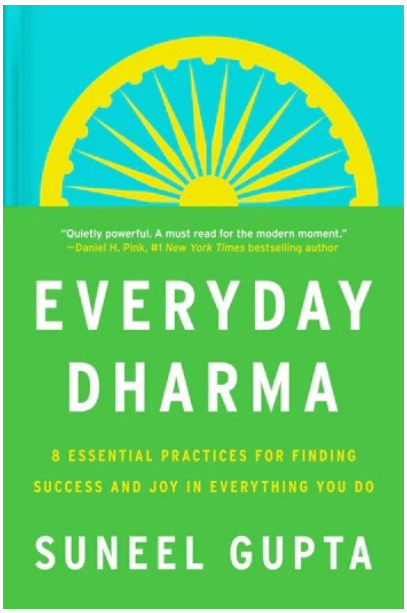
Actionable Takeaways Tailored to Each Audience:

- 7 ways to turn a new idea into an inspiring vision that captivates attention and inspires action
- How extraordinary leaders create a spirit of inclusion, collaboration, and community
- Learn the "Game of Now" and why extraordinary leaders don't wait for the timing to be exactly right
- Embrace a new path to high performance that beats burnout and boosts innovation, creativity, and momentum

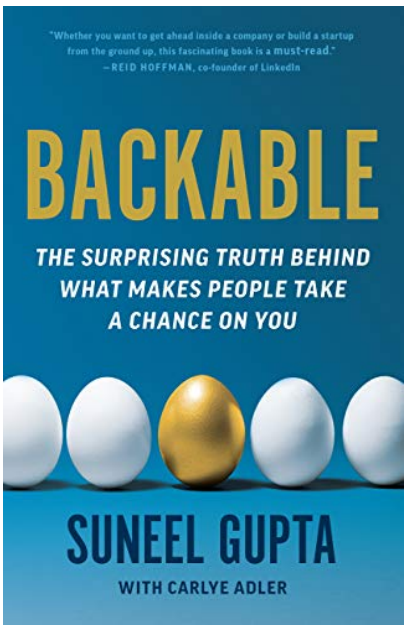
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PUBLICACIONES

Libros



EVERYDAY DHARMA



BACKABLE

CONDICIONES

- **Viaja desde:** California, USA
- **Rangos:** Consultar tarifa con HiCue Speakers