



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 people reset, reignite, and find meaning in their work by bolstering emotional resilience and engagement. Suneel asks, "How can an organization excel on the outside if its people are exhausted on the inside?" Grit and hustle are simply not a long-term answer to dealing with nonstop change and stress. Suneel offers leaders and teams a better way to work; one that results in sustainable innovation, productivity, and fulfillment. He arms people with science-based habits that will avoid burnout, boost energy, and improve their professional and personal lives.

Suneel is a business survivor and the author of the international bestselling book *Backable* (2020). That 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 transformative book *Everyday Dharma* (2023) codifies Suneel's mission to help 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 aligned, we're able to produce our best work and lead ourselves and others effectively, experiencing true joy along the way.

As visiting scholar at Harvard Medical School, Suneel researches and teaches the interconnection between inner well-being and outer leadership. He is ...

Suneel Gupta

Speech Topics

- Technology
- Retail
- Resilience
- Peak Performance
- Marketing
- Innovation



Testimonials

"He was perfect! He joined the Board members at the reception the night before and then delivered a great presentation at the Summit the next day to a packed audience. He set the tone for our event and we've received incredibly positive feedback."

- Event Planner, Medical Alley Association.

"I appreciate how personable Suneel is - he's very easy to talk to! He was open to take the conversation where Bio-Techne needed it to go and was flexible in the moment to speak to questions that our audience had, taking time and care with his responses. He was engaging through his stories and examples which kept our audience's attention and has inspired a continuing conversation. I loved having the opportunity to connect with him prior so that we could build rapport with each other to create a comfortable, conversational experience for our attendees. Finding joy in our work struck a chord with the team - we know that the work we do at Bio-Techne has a positive impact in our industry and the lives of patients, but every job has the risk of becoming a grind. This session with Suneel gave the team permission to pause and focus on the bright spots."

- Human Resources, Bio-Techne.

