

Andy Bernstein

Founder & CEO, The Resilience Academy

Andy Bernstein is the author of *The Myth of Stress/Breaking the Stress Cycle* and the founder of the Resilience Academy. He teaches people a simple yet powerful 7-step process that changes the way you deal with challenges, with no jargon, stigma, or “touchy-feeliness.”

Since 2007, Andy has taught regularly at Wharton Executive Education, where his programs have been audience favorites for thousands of leaders because they are eye-opening, practical, and just as valuable personally as they are professionally.

Andy’s clients include Merrill Lynch, Morgan Stanley, UBS, Wells Fargo, Raymond James, General Electric, Johnson & Johnson, Google, Coca-Cola, Genentech, Patagonia, Colgate, and many others.

Andy also works pro bono with non-profit organizations addressing cancer, addiction, discrimination, and social change.

A former writer for the Muppets, Andy brings a combination of humor, intelligence, and relatability to his programs. He speaks from his own life experiences dealing with unexpected change, helping audiences handle even big challenges with a light touch.

Andy graduated Phi Beta Kappa from the Johns Hopkins University and lives in New York City with his wife and young children. For more information, visit www.andybernstein.com.

