

Andy Bernstein

Founder & CEO, The Resilience Academy

Andy Bernstein is the author of *The Myth of Stress and Breaking the Stress Cycle*, and the founder of the Resilience Academy. He teaches people a simple 7-step process that changes how you understand resilience, team dynamics, and family well-being, with no jargon, stigma, or “touchy-feeliness.”

You’re going to get to try this process today and experience firsthand how it can help you be a better leader, partner, parent, and human being.

Andy’s clients include Google, GE, Johnson & Johnson, Patagonia, Merrill Lynch, Raymond James, and many other organizations.

He has taught regularly at Wharton Executive Education since 2007, where his classes are always audience favorites because they’re both eye-opening and actionable.

Andy will share more about his background in his session, but he lives in New York City with his wife and two young kids, and — fun fact — he used to write for the Muppets.

Please help me in welcoming Andy Bernstein.

