Chris Cassidy

NASA Astronaut, Fmr. Commander of the International Space Station, Navy SEAL

Mission: Possible — It's in You. Retired U.S. Navy SEAL and NASA astronaut CAPT Chris Cassidy never let fear or uncertainty stop him from achieving his goals. After almost missing his application deadline, a young CAPT Cassidy was accepted to the U.S. Naval Academy when an admissions officer identified the potential within and decided to take a chance on him. It was a 30-second conversation that would shape his life in the years to come. In this talk, CAPT Cassidy shares his personal story with the audience — both from his time as a Navy SEAL and a NASA astronaut — about the importance of persevering in the face of adversity and on the path to success. Drawing on lessons-learned on the battlefield and in space, CAPT Cassidy inspires groups to embrace the “never-quit” mindset and shows how it’s in each and every one of us to recognize opportunities, shape them and take action to thrive in clutch moments and achieve more than we thought was possible as we leave our marks in this world, while bringing others up along the way.

Leadership Under Pressure: An Astro SEAL’s Perspective. Whether on land, under the sea, in the air, or in space, CAPT Chris Cassidy, a retired U.S. Navy Seal and NASA astronaut, has raised the bar for leadership under pressure. The trust that a commanding officer showed in him in his formative years as a SEAL proved to be the catalyst for CAPT Cassidy’s own career as a leader. In this talk, Cassidy provides audience members with the tools they need to maximize the potential of their own leaderships skills as well as set their people on the path to be effective leaders themselves. He’ll reveal the ways in which leaders analyze and act on opportunities, choose the best solution when everything is on the line, foster an environment of trust for success at all levels of the organization, and embrace change and challenges that require them to step out of their comfort zones to make an impact.

Keys to Assessing Risk: Knowing When to Push or Pivot. CAPT Cassidy’s career engaging in complex missions both as a Navy SEAL and NASA astronaut exposed him to risks at every turn and challenging environments where his decision-making ability was put to the test. From navigating enemy territory in Afghanistan to making the difficult decision to terminate a spacewalk mission and get his fellow astronaut to safety when he had a leak in his spacesuit, CAPT Cassidy spent his entire career analyzing threats and charting the best course of action to ensure the safety of his teams. In this talk, he draws from his experiences in crisis management to share with audiences the keys to managing and assessing risk and effective decision-making, as well as actionable steps for determining when to push through and when to pivot from the objective at hand in order to adapt and position their organizations for success.