

Suneel Gupta

Connecting Personal Energy & Performance, Bestselling Author, Healthcare Entrepreneur

Sustaining Momentum: The Energy to Keep Going We can't create more time, but we can elevate our energy. Understanding that changes how individuals and organizations perform. Across industries, leaders are seeing the same pattern: capable, committed people are working hard, yet progress slows, decisions take longer, and morale softens. These are energy problems masquerading as strategy problems. Energy is not just a personal resource; it is a strategic asset. It fuels resilience, and resilience without the ability to renew energy eventually breaks down. As founding CEO of RISE (now part of Amazon), Suneel Gupta helped thousands improve physical and mental health while studying why some teams stay effective under pressure while others burn out despite equal talent and effort. Grounded in his teaching at Harvard Medical School and more than a decade studying high-performing leaders, Suneel shares practical, research-backed ways to restore focus, strengthen collaboration, and sustain performance without adding pressure. Audiences leave with clear language and immediately usable practices to stay effective under pressure. Leaders leave with practical ways to elevate their own energy and the energy of the people they lead. **Key**

Takeaways:

- Why high-performing organizations quietly lose momentum even with strong talent and clear goals
- How energy influences resilience, decision quality, connection, and collaboration
- Four practical practices that restore focus and prevent burnout under sustained pressure
- How restoring energy improves initiative, ownership, and follow-through across teams
- Practical ways to reduce overwhelm and remain effective during constant change

The Game of Now: Leading, Deciding, and Taking Action in an Uncertain World For years, planning helped us navigate uncertainty. But the pace of change has outgrown our ability to plan. In a world moving this quickly, we need a more effective way forward. Suneel Gupta offers a timely reset for how progress actually happens when certainty is unavailable. The core idea is simple and transformative: instead of waiting for certainty to give you the courage to act, you take action and let courage catch up along the way. At a time when people feel numb and cautious, *The Game of Now* restores confidence and momentum, even when the path is still forming. This talk reframes uncertainty not as something to eliminate, but as something to engage with. It replaces hesitation with movement and helps people reconnect with the energy, courage, and agency needed to move forward when the world no longer waits until we feel ready. Audiences leave feeling steadier, more capable, and equipped with practical ways to take the next meaningful step, even without perfect information. **Key Takeaways:**

- The real science behind why action leads to courage and how it creates clarity
- Uncertainty is a permanent condition – and how to lead effectively within it
- Why plans break down as change accelerates, and what to rely on instead

- A simple framework for rebuilding momentum in fast-moving environments
- Practical ways to manage energy and attention amid constant change

Keynote & Extended Learning Options For groups looking to go deeper, Suneel offers highly engaging, interactive sessions that extend the keynote's momentum and turn insights into action. These can be delivered as a post-keynote workshop (ranging from 45 minutes to 2 hours) or as a longer-term leadership development series offered virtually and/or in person. Content is customized based on the group's objectives, with a core focus on helping foster personal and organizational growth. • **Humanizing Your Leaders (Suneel Interviews Your Leadership)**

Drawing on his experience interviewing executives and icons for his hit Amazon Prime show *Business Class*, Suneel sits down with your leaders in front of your audience and does the same thing: asks the questions that reveal the person behind the title. What shaped them. What they've learned the hard way. The result isn't a panel or a keynote – it's a moment where your people see their leaders as human beings, and leaders feel genuinely seen by their teams. This tends to do more for culture in 45 minutes than a year of all-hands meetings. • **Personal Energy & Resilience (Workshop – 45 Minutes to 2 Hours)**

In this hands-on session, Suneel equips participants with practical tools for sustaining energy, managing through uncertainty, and amplifying the performance of their teams. They will explore actionable strategies to regulate personal energy, strengthen resilience under pressure, and elevate the energy of those around them – especially during moments of change and challenge. Expect high interaction, real-world scenarios, and leadership behaviors that can be implemented immediately. •

Elevate Leadership Series (Multi-Session Option)

For organizations seeking long-term leadership development, Suneel's *Elevate Series* offers a five-part cohort experience that integrates well-being with exceptional leadership. Each session builds on core pillars such as personal energy management, navigating difficult conversations, ownership culture, belonging in action, and purpose-driven impact. Between sessions, participants apply lessons in real time, engage in guided assignments, and deepen learning through peer accountability.