



Adam Markel, bestselling author, keynote speaker and resilience researcher, guides individuals and organizations to tap the power of resilience to master the challenges of constant change.

With 18 years as a trial attorney building a multi-million-dollar enterprise and 10 years as the CEO of a leading personal development and business training company, Adam has much to share about resilience, culture and change. Yet, some of his most enduring lessons came from his years as an ocean first responder - a life and death environment where Adam learned the importance of cultivating high performance capacity and impeccable teamwork.

In his latest bestselling book, *Change Proof*, Adam shows how those principles of resilience are equally relevant today for any business that wants to move beyond managing change to actively embracing it and using times of uncertainty, crisis, and chaos to create opportunities and stimulate individual and team growth.

As one of Huffington Post's top speakers to see and the #1 Wall Street Journal bestselling author of *Pivot*, Adam's messages have inspired tens of thousands worldwide. His keynotes, corporate workshops, and business mentoring integrate practical business strategies, personal development insights and a unique delivery style to create a high-energy and impactful learning environment.

Adam is currently the Co-Founder and CEO of WorkWell Labs, a TEDx speaker and influencer, and host of *The Change Proof Podcast*, facilitating insightful discussions with business leaders and social innovators and sharing strategies to fully embrace an uncertain world and build *Change Proof* organizations.

Adam is continuously inspired by his wife of more than 30 years and their 4 amazing children.