

# Dr. Steven MacGregor

**A global pioneer in workplace health and wellbeing who has helped drive self-leadership and resilience for thousands worldwide in his roles as Professor (IMD, IESE, IE, CEIBS) and in-company expert (Salesforce, Uber, McKinsey).**

Founder of The Leadership Academy of Barcelona and Honorary Professor of Health and Wellbeing at the Glasgow School of Art. He has also been a visiting researcher at Stanford and Carnegie-Mellon. Overall, he has helped improve the health and wellbeing of more than 30,000 people worldwide through face-to-face delivery of the Sustaining Executive Performance program, and a further 250,000 online. Dr. MacGregor holds a PhD in design thinking and virtual teams and is the author of 6 books in the past 12 years, notably Sustaining Executive Performance and Chief Wellbeing Officer, now a popular podcast. A former international level duathlete and national champion, he has trained with Olympic athletes, Tour de France cyclists, and Ironman champions, and can be found on a frequent basis running up and down the mountain overlooking the city of Barcelona.



# Significant Impact through Virtual Delivery

**Since the onset of the pandemic he has spoken to thousands of people online, from executive committee meetings to company-wide webinars, in areas including resilience, mental health and behaviour change for the likes of Salesforce, McKinsey, Arla Foods, NN Nederland, DKV Insurance, SAP and Oracle Netsuite.**

These virtual sessions have been interactive, inspiring, engaging and immediately applicable. A small sample of recent engagements include:

*“Ending 2020 on a High”* Company-wide webinar for Beat, approx. 300 attendees.

*“Re-Designing Your Life”* Global Talent Team at Salesforce, San Francisco, 12 attendees.

*“Resilience-Recovery-Reform”* A 3-step webinar series for the whole McKinsey Middle East Office, approx. 300 attendees.

**Testimonials available on request.**