

# PETER BREGMAN

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PETER BREGMAN is the CEO of Bregman Partners, Inc., a company that strengthens leadership in people and in organizations.

He is the host of the Bregman Leadership Podcast, short conversations with thought leaders focused on ideas that people can use to become more powerful and courageous leaders.

He is the author of *Four Seconds: All the Time You Need to Replace Counter-Productive Habits with Ones That Really Work*, a New York Post top pick for your career in 2015. His previous book was the *Wall Street Journal* bestseller *18 Minutes: Find Your Focus, Master Distraction, and Get the Right Things Done*, winner of the Gold medal from the Axiom Business Book awards, named the best business book of the year on NPR, and selected by *Publisher's Weekly* and the New York Post as a top 10 business book. He is also the author of *Point B: A Short Guide to Leading a Big Change* and contributor to five other books. Featured on PBS, ABC and CNN, Peter is a regular contributor to *Harvard Business Review*, *Psychology Today*, and *Forbes*, and his articles and commentary have appeared frequently in *Bloomberg BusinessWeek*, *Fast Company*, *The Financial Times*, CNN, NPR, and FOX Business News.



Peter began his career teaching leadership on wilderness and mountaineering expeditions and then moved into the consulting field with the Hay Group and Accenture, before starting Bregman Partners in 1998. Peter has advised CEOs and senior leaders in many of the world's premier organizations, including Allianz, American Express, Brunswick Group, Goldman Sachs, Morgan Stanley, Deutsche Bank, JPMorgan Chase, FEI, GE Capital, Merck, Clear Channel, Nike, UNICEF, and many others.

Peter bases his work on the notion that everyone—no matter their job or level—has the opportunity to lead. Unfortunately, most don't. There is a massive difference between what we know about leadership and what we do as leaders. What makes leadership hard isn't theoretical, it's practical. It's not about knowing what to say or do. It's about whether you're willing to experience the discomfort, risk and uncertainty of saying or doing it.

In other words, the critical challenge of leadership is, mostly, the challenge of emotional courage. Since 1989, Peter has trained and coached all levels of management and individuals to recognize their leadership, exhibit leadership behaviors, model and stimulate change, and foster growth of their own emotional courage as well as that of their teams and colleagues.

Peter earned his B.A. from Princeton University and his M.B.A. from Columbia University. He can be reached at [pbregman@bregmanpartners.com](mailto:pbregman@bregmanpartners.com).