

PETER BREGMAN

PETER BREGMAN began his career teaching leadership on wilderness and mountaineering expeditions before moving into the consulting field with the Hay Group and Accenture. For the last 17 years, he has been the CEO of Bregman Partners, a company which strengthens leadership in people and in organizations through programs, including the Bregman Leadership Intensive, coaching, and as an advisor to CEOs and their senior leadership teams.

His most recent book is *Four Seconds: All the Time You Need to Replace Counter-Productive Habits with Ones That Really Work* (February 2015), 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*, named the best business book of the year on NPR, selected by *Publisher's Weekly* and the *New York Post* as a Top 10 business book and winner of the Axiom Business Book Awards Gold medal. He is also the author of *Point B: A Short Guide to Leading a Big Change* and co-author of five other books. Featured on PBS, ABC and CNN, Peter is a regular contributor to *Harvard Business Review*, *Fast Company*, *Forbes*, National Public Radio (NPR), and *Psychology Today*.

Let's give a warm welcome to Peter Bregman.