



Chief Wellbeing Officer

Dr. Steven MacGregor is an international speaker, bestselling author, wellbeing pioneer and leadership development expert. He has over 20 years of experience in wellbeing and positive leadership, is a Senior Advisor for McKinsey & Company and has worked with dozens of the world's leading organizations. He delivers inspiring keynotes and workshops around the globe, sharing his vision of life/work with health, wellbeing, and sustainable performance at the core. He draws on a PhD in design thinking, an Honorary Professorship at the Glasgow School of Art and several hundred sessions teaching at the world's best business schools. He is the author of a trilogy of books in the wellbeing space; *Sustaining Executive Performance*, *Chief Wellbeing Officer*, and *The Daily Reset*, is a former international Duathlete and national champion, and hosts the Chief Wellbeing Officer podcast.

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