



HEALTHTRUST[®] UNIVERSITY CONFERENCE

Suneel Gupta

HTU26 PROFESSIONAL DEVELOPMENT SPEAKER

As the founding CEO of RISE, a breakthrough wellness company, Suneel Gupta helped thousands of people build better habits for life and work. Now, as a bestselling author and Harvard Medical School visiting scholar, Suneel has taken his mission one step further – helping people reset, reignite, and find meaning in their work by bolstering emotional resilience and engagement. Suneel asks, “How can an organization excel on the outside if its people are exhausted on the inside?” He helps leaders and teams build the capacity to meet today’s relentless demands without sacrificing their well-being. He equips them with science-based tools to prevent burnout, sustain energy, sharpen focus, and improve both professional and personal performance. Suneel offers a better way to work; one that results in sustainable innovation, productivity, and fulfillment.

Suneel is a resilient entrepreneur and the international bestselling author of *Backable* and *Everyday Dharma* – two books that have been translated into nine languages and have reached readers worldwide. *Backable* is rooted on his inner journey from twice-failed entrepreneur to becoming a leader behind two IPOs and being named “The New Face of Innovation” by the New York Stock Exchange. It reveals the mindset shifts and hidden habits of people who are extraordinary at pushing new ideas forward.

His transformative book, *Everyday Dharma*, codifies his mission to help people reset, reignite, and re-engage through a timeless practice called Dharma. Simply put, Dharma brings “who you are” and “what you do” into alignment. When we’re aligned, we’re capable of producing our best work and lead ourselves and others effectively, experiencing true joy along the way.

As visiting scholar at Harvard Medical School, Suneel researches and teaches the interconnection between inner well-being and outer leadership. He is also emissary for Gross National Happiness between the United States and the Kingdom of Bhutan.

As CEO of RISE Suneel helped thousands of people establish a way to personalize their physical and mental health journey while connecting with certified nutritionists and trainers at an affordable price. The company was named “App of the Year” and partnered with then-First Lady Michelle Obama before being acquired by the NASDAQ listed company One Medical Group (now part of Amazon), expanding its reach in digital health and well-being. Suneel was also the host of *Business Class*, a 2023 Webby Award-winning Series streaming on



Amazon Prime. The show spotlights the struggles, resilience, and work/life habits of entrepreneurs and business visionaries like Ben Cohen and Jerry Greenfield (Ben & Jerry's), Top Chef's Tom Colicchio, and Martha Stewart.

Suneel has also personally backed ventures including Impossible Foods, Airbnb, 23andMe, and SpaceX. He was one of the very first investors in CALM, which is now one of the world's leading mental wellness platforms helping millions of people achieve a greater sense of work/life balance. He also serves as an advisor to Wisdom Ventures, a mission-driven fund investing in companies at the intersection of technology, wellbeing, and human potential.

When a reporter once asked Suneel about his purpose, his response was to "find good people and inspire them to do what inspires them."



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