

Andy Bernstein

Founder & CEO, Resilience Academy; Author of *The Myth of Stress*

Andy Bernstein is the author of *The Myth of Stress* and the founder of the Resilience Academy. He teaches people a simple yet powerful 7-step process that helps shift mindset and transform challenges faster, with no jargon, stigma, or “touchy-feeliness.”

Since 2007, Andy has taught at Wharton Executive Education, where his programs are audience favorites because they are eye-opening, interactive, and real.

Andy also has extensive experience within wealth management. His programs have been the highest-rated sessions for advisors, associates, and clients at Merrill Lynch, Morgan Stanley, UBS, Wells Fargo, and Raymond James, teaching audiences the most important thing for stronger families and teams.

A former writer for the Muppets, Andy brings a combination of humor, intelligence, and relatability to his programs. He is not a canned academic speaker or a “sage on a stage.” Andy speaks from his own life experiences dealing with massive change, helping audiences handle even big challenges with a light touch.

Andy graduated Phi Beta Kappa from the Johns Hopkins University and lives in New York City with his wife and young children. For more information, visit www.andybernstein.com.

