



DR.JARIKCONRAD



ABOUT ME

DR. JARIK E. CONRAD SPHR, SHRM-CSP, NACD.DC, is a distinguished thought leader who leverages an interdisciplinary approach to address the most pressing challenges facing individuals and organizations today. He has been recognized multiple times as one of the world's top "people practitioners" in the annual HRD Global 100 and was named a top 100 HR Influencer by Engagedly.

He earned a bachelor's degree from the University of Illinois, two master's degrees from Cornell University, and a Doctor of Education from the University of North Florida. He is the author of two award-winning best-selling books, *The Fragile Mind* and *In Search of Humanity*. A strong advocate for health and wellness, he appeared in the documentary *Eating You Alive* and designed, led, and published a clinical trial on emotional intelligence education and plant-based nutrition while serving as a research collaborator with the Mayo Clinic.

As Managing Director of Human Like Me, he delivers tailored education and transformative solutions that empower individuals to restore their health, revive their energy, and elevate their personal and professional impact. He previously served as the VP of Human Insights at UKG and Executive Director of the company's global think tank, The Workforce Institute.

Dr. Conrad is a board member of Homestart and serves as an advisory board member for the Wellness Alliance and the Fowler Business School at San Diego State University (SDSU). He is also a member of the Consortium for Research on Emotional Intelligence in Organizations (CREIO), which brings together leading scholars and thought leaders to explore recent advances in emotional intelligence.

CREDENTIALS

- ◆ Directorship Certification—National Association of Corporate Directors (NACD)
- ◆ Emotional Intelligence (EQi 2.0)—Multi-Health Systems (MHS)
- ◆ Senior Certified Professional (SHRM-CSP)—Society of Human Resources Management
- ◆ Senior Professional in Human Resources (SPHR)—Human Resources Certificate Institute
- ◆ Intercultural Development Inventory (IDI)—Intercultural Communications Institute
- ◆ Plant-Based Nutrition Certificate – T. Colin Campbell Center for Nutritional Studies
- ◆ Personal Training and Weight Management Specialist—International Sports Sciences Association (ISSA)
- ◆ Certified Mediator - Phoenix Dispute Solutions
- ◆ International Coaching Federation (ICF) (in-progress)



KEY TOPICS



Putting Your Mask on First Series

Tailored Presentations for Leaders in High-Stakes Roles (CEOs, HR Professionals, Healthcare Workers, and More)



Burnout to Brilliance

Unleashing Vitality and Resilience Through Emotional Intelligence and Lifestyle Medicine.



The Power of Organizational Plasticity™

Cultivating Resilience, Agility, and Strategic Growth in Uncertain and Complex Times.



The Overlooked Organizational Risk

Why Workforce Well-Being is Now a Strategic Imperative

SERVICES



Individual Coaching

Personalized coaching to help individuals foster transformation through refined thinking, empowering them to break limiting patterns, cultivate strategic insight, and navigate challenges with clarity and confidence.



Group Coaching

Structured discussions, interactive exercises, and reflective practices that foster deeper self-awareness, accountability, and skill development.



EI for Teams

Tailored program consisting of EQi-2.0 individual and 360 assessments with individual and group feedback, emotional intelligence training, and executive coaching.



Team Development Program

Interactive programs designed to accelerate trust, communication, and cohesion for new teams or teams with new leaders.



½ Day and Full Day Workshops

Dynamic sessions designed to strengthen collaboration by enhancing communication, trust, and shared problem-solving.



Team Retreats

Immersive experiences designed to foster connection and strengthen the team's ability to navigate challenges together.

TESTIMONIALS

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Dr. Conrad skillfully challenged the audience to move beyond established comfort zones to explore untapped potential in not only themselves, but also others. At the conclusion of his address participants were electrified and wishing for more.



Rich Smith
Pfizer

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The comments I heard from participants included “relevant, humorous, smart, and fresh.” Your employees need to hear what Dr. Conrad has learned about the brain, people at work, and life.



Jim Casey
FBI Jacksonville

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Thank you for a spectacular presentation! We received comments such as – “excellent,” “best speaker of the year,” “very energetic,” “needed/wanted more time,” “great presentation,” “wonderful content and delivery”.



Lori Bourgoin
Human Resource Management
Association of Western New England

FEATURED IN



THE ECONOMIC TIMES

BLACK
ENTERPRISE

The Boston Globe



FORTUNE



Bloomberg

Forbes



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