



ABOUT ME

DR. JARIK E. CONRAD SPHR, SHRM-CSP, NACD.DC, is a distinguished thought leader who tackles 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. In addition to earning his Sr. HR designations, Dr. Conrad is a certified expert in emotional intelligence, mediation, intercultural sensitivity, and health sciences, including plant-based nutrition, personal training, and weight management.

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.

KEY TOPICS

- ◆ **Putting Your Mask on First**
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 5P's of Performance™**
Elevating Employee Engagement and Driving Business Results.

FEATURED IN



TESTIMONIALS

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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 Bourgojn**

Human Resource Management Association of
Western New England

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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

CONTACT INFO



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