

IF You're an event planner looking for a keynote speaker who is easy to work with and delivers every time,

OR IF You're an organization navigating relentless change, burnout, and disengagement,

THEN What I learned from interviewing world leaders and spending 17 years sailing around the world can help your people right now.



Rob was a speaker at events I held in 2019 and 2022 and both times he crushed it. Rob is an easy to work with and dependable professional who delivers audience engagement and transformation.

— Carolyn Grant Nanaimo Regional General Hospital



Your story was so inspiring! You are one of the best speakers I have ever heard.

— Amy Ross, HumanKind HR, CEO



The attendees really responded to his talk. Inspiring, Engaging and he was able to offer practical tips and solutions. I would highly recommend Rob for any meeting planner.

— Kendra Pheasant. Exec Director New England Society of Association Executives.

ROB DUBIN

Inspiring keynotes to build resilience in your leaders and re-engage your teams.





ROB DUBIN

KEYNOTES THAT BUILD RESILIENT LEADERS AND ENGAGED TEAMS

The Problem: Leaders struggle with engagement amid rapid change. Burnout costs organizations productivity, money and morale.

The Solution: Through inspiring stories, science-based insights and practical tools Rob Dubin transforms resilience into a measurable business skill teaching leaders and teams how to adapt faster and create workplaces where people want to stay and grow.

Resilient Leadership for Turbulent Times

For: Association events, Leadership Conferences, Corporate retreats.

In this inspiring keynote, Rob Dubin takes audiences on an unforgettable journey through real-life adventures that test the limits of endurance - from surviving five days trapped in a Colorado blizzard to sailing around the world for 17 years. But Rob's lessons don't come from adventure alone. As an award-winning documentary filmmaker, he spent decades interviewing some of the most accomplished people on Earth - from Olympic athletes and Fortune 500 CEOs to Hollywood icons and U.S. Presidents. By observing how high performers think and lead under pressure, Rob distilled a set of practical tools that anyone can use to build resilience in themselves and their teams.

KEY TAKEAWAYS

- Learn Rob's Purpose-Mindset-Action framework, a blueprint for navigating change.
- Cultivate an optimistic mindset to tackle new challenges.

The Science of Human Happiness Build Engagement, Banish Burnout.

For: HR and Wellness Summits, ERG events, company wide culture initiatives.

Based in neuroscience and positive-psychology research and fueled by dramatic storytelling this engaging keynote shows how happiness increases engagement and resilience. Rob and his wife spent 17 years sailing to over 100 countries and visiting diverse cultures while studying what creates human happiness. He blends real world experience with cutting-edge science for simple, actionable strategies that reduce burnout, increase optimism, and improve performance. Audiences discover how small daily shifts-purpose, gratitude, connection - create big results in both well-being and productivity. This program provides a practical roadmap to help employees feel better, work better, and stay longer.

KEY TAKEAWAYS

- Identify and reverse the root causes of burnout and disengagement.
- Build daily habits proven to increase happiness and resilience.



ROB DELIVERS CAPTIVATING STORIES WITH ACTIONABLE STRATEGIES

He helps senior leaders and people managers beat burnout, rebuild engagement and lead through constant change. His inspiring keynotes blend real world adventure with practical tools your teams can use right away.



ROB'S BLUEPRINT FOR SUCCESS

Rob Dubin's Heart, Head and Hands blueprint provides a simple yet powerful roadmap for transforming adversity into achievement.



HEART

your purpose



HEAD

how you think



HANDS

action you take

HEART

Lead with empathy and integrity. When your actions align with your values, you earn trust and foster stronger teams. Your purpose becomes your compass during challenging times.

HEAD

Cultivate a resilient, optimistic mindset. By focusing on solutions and learning from every challenge, you develop the adaptability to thrive in uncertainty.

HANDS

Success comes from bold, consistent action. Implement proven systems, stay proactive, and keep refining what works. Resilience grows stronger through practice.

About Rob Dubin

Rob Dubin's expertise in resilience and human happiness began in a moment most people never live through, trapped for days in a mountain blizzard and ultimately left for dead. That ordeal forced a realization that shaped his life and his work: resilience and happiness aren't things you wait to feel. They're skills you build.

Rob carried that insight into a long career as an award-winning documentary filmmaker, interviewing Olympic athletes, Fortune 500 CEOs, Hollywood icons, and U.S. Presidents. He witnessed firsthand how high performers think lead, and stay steady under pressure.

Seeking deeper answers, Rob and his wife spent 17 years sailing around the world, visiting more than 100 countries and studying how people create meaning, joy, and calm in the face of uncertainty. What he discovered aligns directly with the science of positive psychology: both happiness and resilience are learnable.

Today, Rob teaches leaders and teams practical habits and clear frameworks for navigating change, boosting engagement, beating burnout, and building cultures where people thrive at work and in life.

ROB DUBIN HAS BEEN SEEN ON



Before You Read These...

Notice, these testimonials aren't polite compliments — they're raw reactions from people who were genuinely moved. This is what happens when a keynote doesn't just inform or entertain, but actually shifts how people think, lead, and live.

And when you work with me, the impact doesn't stop when I leave the stage. Your audience also gets a post-event e-book to reinforce the strategies, and an 8-week follow-up series that keeps the momentum alive.

Real change takes emotional connection and repeated reinforcement. That's why comments like the ones below, all just from three events in October 2025, show up everywhere I speak. And they will at your event, too.



"Engaging, compelling, and actionable... I'd recommend him to any leadership team."

— Matt Graves, Fortune Bay Casino, Personnel Manager

Rob is incredibly communicative and responsive- I got an email back from him in 24 hours every time.

— Jackie Andrade
Event Planner- 2025 Symposium Chair

"Extremely insightful... every leader can take away immediate actions."

— Carley Stromgren, Native Path, HR Generalist

Inspiring - one of the best sessions I've ever attended!

— Kate Wolters, HR Manager

Inspirational and life changing.

— Mandi Washburn, Queensborough National Bank, HR Business Partner



Valuable, thought-provoking, feel-good session absolutely amazing!

— Heidi Utzman, Ziff Davis, HR Operations Manager

Beyond inspirational. Timely & rewarding. Highly recommend

— Debbie Carter, Business Performance Advisor

Best session of the conference. Extremely inspiring.

— Reema Lamichhane, Eli Lilly and Co.

Incredible stories of optimism and resilience, along with takeaways for your own life and workplace.

— Recanna Crownhart, Intel Plastics, HR Generalist

This was incredibly valuable with actionable insights. Can't wait to implement myself and bring back to my team!

— KendallCraft, Pike Corp., Onboarding Coordinator