



ROB DUBIN

KEYNOTES THAT STRENGTHEN LEADERSHIP, RESILIENCE, AND ENGAGEMENT

Teaching leaders and teams how to adapt faster, stay optimistic under stress, and create workplaces where people want to stay and grow.

Creating Resilient Leaders who Thrive in Turbulent Times

For: Association events, Leadership & Development, All Staffs, Corporate retreats.

When constant change and uncertainty disrupt the workplace, even strong teams can lose focus, morale, and momentum. This emotional, story driven keynote gives leaders practical tools to stay adaptable under pressure, lead with clarity and optimism during difficult times, and create resilient cultures where people remain engaged instead of overwhelmed.

The Science of Human Happiness: Boost Engagement, Banish Burnout.

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

Burnout, disengagement, and chronic stress are quietly eroding performance, retention, and workplace culture in organizations everywhere. Backed by positive psychology and behavioral science, this keynote teaches practical daily habits that increase happiness, strengthen resilience, improve morale, and help teams perform at a higher level without sacrificing wellbeing.

AUDIENCE TAKEAWAYS

- Realize change isn't the enemy - it's the opportunity.
- Strengthen resilience and adaptability during high-pressure situations.
- Learn a proven framework for navigating change.

AUDIENCE TAKEAWAYS

- Understand why happiness is a learnable skill—not just a personality trait.
- Discover practical strategies to reduce burnout and increase engagement.
- Learn daily habits that improve resilience, energy, and emotional wellbeing.

ABOUT ROB DUBIN Book Rob

As a documentary filmmaker Rob Dubin spent decades behind the camera studying how exceptional people think, adapt, and lead under pressure. He interviewed Olympic champions, visionary CEOs, explorers, and U.S. Presidents, looking for the patterns that separated resilient, high-performing leaders from everyone else. He filmed expeditions to remote jungles and later spent 17 years sailing around the world on his own sailboat through more than 100 countries, testing those same principles in unpredictable real-world environments where adaptability, mindset, and decision-making mattered every day. Today, Rob combines those hard-earned lessons with research from leadership, resilience, and positive psychology to help organizations build stronger leaders, reduce burnout, improve engagement, and create cultures where people perform at a higher level—even during uncertainty and change. His keynotes are transformational.

“ Any person who leads in any capacity can take away incredible opportunities for action. **Carley Stromgren, Native Path** ”

“ Best session of the conference. Extremely inspiring. **Reema Lamichhane, Eli Lilly and Co.** ”

