



Tom Rath is one of the most influential authors of the last decade. He studies the role of human behavior in health, business, and economics. Tom writes and speaks on a range of topics, from wellbeing to organizational leadership.

Tom has written several international bestsellers including the #1 *New York Times* best seller *How Full Is Your Bucket?* His book, *StrengthsFinder 2.0*, was listed as the top selling business book worldwide by *The Economist*. His other *New York Times* bestsellers are *Strengths-Based Leadership* and *Wellbeing: The Five Essential Elements*. Tom's latest book *Eat, Move, Sleep: Why Small Choices Make a Big Difference* is based on more than a decade of research and personal experiences and explores how everyday decisions profoundly affect our health, energy, and productivity. In total, his books have sold more than 5 million copies and made over 250 appearances on the *Wall Street Journal's* bestseller list.

Tom Rath also serves as a Senior Scientist and Advisor to Gallup, where he previously spent 13 years leading the organization's work on employee engagement, strengths, and wellbeing. In addition, he served as Vice Chairman of the VHL cancer research organization.

Tom Rath earned degrees from the University of Michigan and the University of Pennsylvania. Tom and his family live in Arlington, Virginia.

Tom Rath

Speech Topics

- Stress Management
- Life Balance
- Leadership
- Health & Wellness
- Economics
- Business Communications

