



Recognized as the #1 executive coach in the world by Leading Global Coaches, Peter Bregman coaches CEOs and senior leaders in many of the world's premier organizations. Having started his career teaching leadership on wilderness and mountaineering expeditions, Peter is CEO of Bregman Partners, an executive coaching company that helps successful people become exceptional leaders and stellar human beings.

Peter is ranked as a Top 30 thought leader by Thinkers 50 Radar and selected as one of the Top 8 thought leaders in leadership. He is the award-winning, best selling author and contributor of sixteen books, including most recently, [\*Leading with Emotional Courage: How to Have Hard Conversations, Create Accountability, and Inspire Action on Your Most Important Work\*](#). His book, [\*18 Minutes: Find Your Focus, Master Distraction, and Get the Right Things Done\*](#), was a Wall Street Journal bestseller, winner of the Gold medal from the Axiom Business Book awards, named the best business book of the year by NPR, and selected by *Publisher's Weekly* and the *New York Post* as a top ten business book. He is also the author of [\*Four Seconds: All the Time You Need to Replace Counter-Productive Habits with Ones That Really Work\*](#), a *New York Post* "Top Pick for Your Career" in 2015, and [\*Point B: A Short Guide to Leading a Big Change\*](#).

Peter is the host of the [Bregman Leadership Podcast](#), which offers insightful conversations with industry thought leaders on how to become more powerful, courageous leaders. He is also a regular contributor to the Harvard Business Review, and his articles and commentary appear frequently in *Bloomberg BusinessWeek*, *Fast Company*, *Psychology Today*, *Forbes*, *The Financial Times*, PBS, ABC, CNN, NPR, and FOX Business News.

Peter created and leads the [Bregman Leadership Intensive](#), a four-day program that transforms the way people lead by increasing their confidence in themselves, their ability to connect with others, their commitment to what's most important, and their emotional courage.

Peter designed the Bregman Partners proven, proprietary Big Arrow process to align people to work together to accomplish an organization's most important work. The Bregman Arrow Measurement tool (BAM)<sup>®</sup>™ quantifies the leadership and organizational gaps that block successful execution.

He has implemented his proprietary solutions with CEOs and senior leaders in many of the world's premier organizations, including Allianz, American Express, Brunswick Group, Goldman Sachs, Morgan Stanley, Deutsche Bank, JPMorgan Chase, FEI, GE Capital, Merck, Clear Channel, Nike, UNICEF, among others.

Peter earned his B.A. from Princeton University and his M.B.A. from Columbia University. He can be reached at [pbregman@bregmanpartners.com](mailto:pbregman@bregmanpartners.com).