



Peter Bregman

Peter Bregman is the CEO of Bregman Partners, Inc., a global management consulting firm which advises CEOs and their leadership teams. He speaks, writes, and consults about how to lead and how to live.

He is the author, most recently, of *18 Minutes: Find Your Focus, Master Distraction*, and *Get the Right Things Done*, winner of the Gold medal from the Axiom Business Book awards, named the best business book of the year on NPR, and selected by *Publisher's Weekly* and *The New York Post* as a top 10 business book. He is also the author of *Point B: A Short Guide to Leading a Big Change* and co-author of five other books. Featured on PBS, ABC and CNN, Peter is a regular contributor to Harvard Business Review, Fast Company, Forbes, National Public Radio (NPR), Psychology Today, and CNN as well as a weekly commentator on Fox Business News.

Peter began his career teaching leadership on wilderness and mountaineering expeditions and then moved into the consulting field with the Hay Group and Accenture, before starting Bregman Partners in 1998. Peter has advised CEO and senior leaders in many of the world's premier organizations, including Allianz, American Express, Brunswick Group, Morgan Stanley, Deutsche Bank, JPMorgan Chase, FEI, GE Capital, Merck, Clear Channel, Nike, UNICEF, and many others.

Peter bases his work on the notion that an organization, at its core, is a platform for talent. By unleashing that talent, focusing it on business results, and aligning it with a compelling vision, both the individual and the organization thrive. Since 1989, Peter has trained and coached all levels of management and individuals to recognize their leadership, exhibit leadership behaviors, model and stimulate change, and foster their own development and growth as well as that of their teams and colleagues.

Peter earned his B.A. from Princeton University and his M.B.A. from Columbia University.