

ARIANNA HUFFINGTON

Founder of HuffPost and Thrive Global, pioneer in wellness, leadership, and human-centered performance

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- Founder of The Huffington Post, transforming global digital media
- Founder and CEO of Thrive Global, advising Fortune 500 companies
- Global authority on burnout prevention and sustainable performance
- Best-selling author of Thrive and The Sleep Revolution
- Inspiring voice on leadership, resilience, and future-of-work culture

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Arianna Huffington is a globally recognized entrepreneur, author, and thought leader at the intersection of leadership, well-being, and human performance. She co-founded The Huffington Post, one of the world's most influential digital media platforms, which revolutionized news, opinion, and digital journalism.

After stepping down from HuffPost, she founded Thrive Global, a company dedicated to addressing the modern epidemic of stress and burnout by helping individuals and organizations cultivate sustainable performance, resilience, and healthier work cultures. Through Thrive Global, Huffington has worked with global corporations, government leaders, and nonprofit organizations to rethink the relationship between productivity, health, and purpose.

Arianna's insights are grounded in a decades-long commitment to understanding how technology, work, and human behavior intersect. She has authored multiple best-selling books, including The Sleep Revolution and Thrive, which explore how reclaiming well-being is essential to success in a rapidly changing world.

As a speaker, she blends narrative intelligence with scientific research, offering audiences strategies to enhance leadership effectiveness, reduce burnout, build resilient teams, and foster cultures where people thrive instead of merely survive. Her voice resonates with leaders who seek to balance professional excellence with human fulfillment.

Why Book Arianna Huffington

In a world defined by burnout, constant connectivity, and rising workplace pressure, Arianna Huffington offers a transformative vision for sustainable success.

As the founder of The Huffington Post and CEO of Thrive Global, she has reshaped how leaders think about performance, productivity, and well-being. Her message goes beyond inspiration — it is strategic. She provides research-backed frameworks that help organizations reduce burnout, increase engagement, and build cultures of resilience and human-centered leadership.

For corporate audiences, Arianna delivers clarity on one of today's most urgent business

challenges: how to drive performance without sacrificing people.

Her keynotes resonate particularly with:

- CEOs redefining leadership culture
- HR leaders addressing burnout and retention
- Boards navigating workforce transformation
- Organizations adapting to hybrid and digital work

She connects neuroscience, behavioral science, and executive experience to practical strategies leaders can implement immediately.

Arianna Huffington does not simply speak about well-being — she reframes it as a competitive advantage.
If your audience is looking to thrive in the future of work — not just survive it — Arianna delivers insight, credibility, and lasting impact.

TEMAS

Arianna tailors each presentation to the needs of her audience and is not limited to the topics listed below. Please ask us about any subject that interests you:

- Leadership and resilience
- Well-being and performance culture
- Burnout prevention and sustainability
- Future of work and human productivity
- Purpose-driven leadership
- AI-Driven Behavior Change and Health Care

PROGRAMAS

How AI-Driven Behavior Change Can Transform Health Care

A staggering 129 million Americans have at least one major chronic disease — and 90% of our $4.1 trillion in annual health care spending goes toward treating these conditions. This is

unsustainable, but there are solutions. Behavior change can be a miracle drug, both for preventing disease and for optimizing the treatment of disease. That's the mission of Thrive AI Health, the company the OpenAI Startup Fund and Thrive Global have launched. Every aspect of our health is deeply influenced by the five foundational daily behaviors of sleep, food, movement, stress management, and social connection. Thrive Global founder and CEO Arianna Huffington shares how AI-driven hyper-personalization can significantly improve these behaviors – and health outcomes. Using AI in this way would also scale and democratize the life-saving benefits of improving daily habits and address growing health inequities. So much of the conversation around AI has been about how much time it will save us and how productive it will make us. Here we learn how AI could go well beyond efficiency and optimization to something much more fundamental: improving both our health spans and our lifespans.

Small Steps, Big Leaps: The Art of Thriving in Work and Life

Chronic diseases and mental health conditions are draining 90% of the US's $4.3 trillion healthcare budget, exposing the limitations of traditional medical care and emphasizing the need for proactive health management. So, what's the secret to effectively combating illness and proactively protecting our health? It's our daily behavior.

Science shows our behaviors in five key areas — sleep, nutrition, physical activity, stress management, and social connection — are crucial for disease prevention and health optimization.

Arianna Huffington, founder, and CEO of Thrive Global, shares groundbreaking research and strategies for improving health and productivity through small daily micro-steps that lead to healthier habits because "health is what happens between doctor visits."

Building a Culture of Resilience

Culture is a company's immune system. It's what makes a company resilient and able to navigate times of change and uncertainty. As Thrive Global founder and CEO Arianna Huffington shows, with a strong culture, organizations can thrive even in times of disruption. This includes ways to:

- Build mental resilience.
- Create a culture of engagement, meaning, and purpose.
- Rebuild social capital in a hybrid world.
- Boost organizational efficiency, productivity, engagement, and employee well-being simultaneously.
- There's no trade-off between employee well-being and performance. With this roadmap to creating a strong culture of resilience and belonging, companies can thrive through change.

The Eye of the Hurricane: How to Lead in an Age of Uncertainty

Too many leaders still buy into the misguided notion that chaotic times require them to be in constant motion and always on or that they have to match the frenetic pace of the moment. As New York Times bestselling author and Thrive Global founder, and CEO Arianna Huffington writes, "In fact, the opposite is true — the best way to lead a company forward is by looking inward. It is judgment that we need from leaders in moments of crisis, not just stamina." In this engaging talk, Huffington reveals how leaders can go inward and tap into the innovative and creative ideas that the times demand.

Thrive: The Third Metric to Redefining Success and Creating a Life of Well-Being, Wisdom, and Wonder

Over time our society's notion of success has been reduced to just the acquisition of money and power. This idea of success can work — or at least appear to work— in the short term. But over the long term, money and power by themselves are like a two-legged stool — you can balance on them for a while. Still, eventually, you're going to topple over. And more and more people — very successful people — are toppling over. To live the lives we truly want and deserve and not just the ones we settle for, we need another measure of success beyond the two metrics of money and power. In this riveting talk, based on her #1 New York Times bestselling book, Thrive, Arianna Huffington shows how we can create a Third Metric based on well-being, wisdom, wonder, and the power of giving.

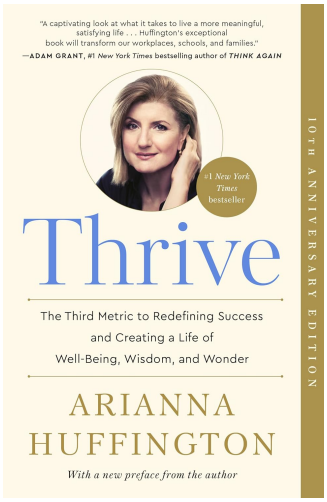
The Sleep Revolution: Why We Need Sleep and How to Get More of It

Sleep deprivation has become a global epidemic in an increasingly fast-paced and hyper-connected world, devastatingly affecting every aspect of our health, performance, and

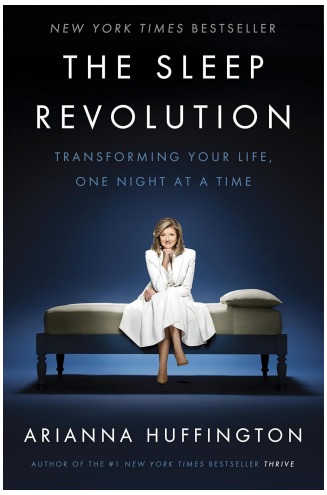
relationships. In her New York Times bestselling book, The Sleep Revolution, Thrive Global Founder, and CEO Arianna Huffington offers a sweeping exploration of sleep, from its rich history to the latest science, emphasizing how it can transform our lives. Through personal stories and specific, science-backed tips and recommendations, Huffington addresses the most critical issues with her audience: why we sleep, why we need it, what happens when we don't get enough, and how to get more – so we can take control of our lives and live more fully.

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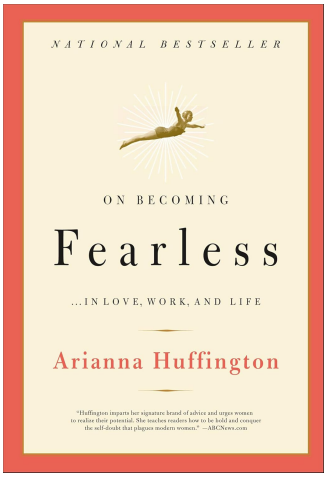
THRIVE



THE SLEEP REVOLUTION



LA REVOLUCIÓN DEL SUEÑO



ON BECOMING
FEARLESS

CONDICIONES

- **Travels from:** New York, USA
- **Fee Range:** Please Inquire