



Rory Vaden Speaker Bio

Rory Vaden is Co-founder of Southwestern Consulting™, *New York Times* bestselling author of *Take the Stairs* and *Procrastinate On Purpose*, an internationally acclaimed keynote speaker, and the world's leading expert on self-discipline, overcoming procrastination, and taking action to create exponential results.

"Self-Discipline Strategist", Rory Vaden, MBA speaks to audiences around the world about how they can leverage self-discipline to overcome procrastination, take action and achieve their goals in life. His first book *Take the Stairs* is a #1 Wall St Journal, #1 USA Today, and #2 New York Times bestseller and it has been translated into 11 different languages.

As an entrepreneur, he is the Co-founder of Southwestern Consulting™, an 8-figure global consulting practice with more than 100 team members that helps clients in more than 40 countries to grow their business and provide a better customer experience. Southwestern Consulting™ can teach anyone with a product or service how to sell more.

Additionally, Rory is the founder of the Center for the Study of Self-Discipline where his insights on overcoming procrastination, taking action and creating exponential results have been featured on Fox and Friends, Oprah radio, CNN and in Fast Company, Entrepreneur, Forbes, Inc, Success Magazine and many other media outlets. His articles and insights average more than 4 million views every month and he is the host of a top 25 business news weekly podcast called "The Action Catalyst with Rory Vaden."

As a professional speaker, he speaks more than 50 times a year for some of America's best and brightest organizations including: Cargill, The Million Dollar Roundtable, P&G, Mass Mutual, True Value, YPO, Wells Fargo Advisors, Merck, Land O'Lakes, Novartis and hundreds more. He is a Certified Speaking Professional (highest ranking designation given by the National Speakers Association) and was the 2007 Toastmasters World Champion of Public Speaking First runner Up.