

Suneel Gupta Biography

As the founding CEO of RISE, a breakthrough wellness company, Suneel Gupta helped thousands of people build better habits for life and work. Now as a bestselling author and Harvard Medical School visiting scholar, Suneel has taken his mission one step further – helping people reset, reignite, and find meaning in their work by bolstering emotional resilience and engagement. Suneel asks, “How can an organization excel on the outside if its people are exhausted on the inside?” Grit and hustle are simply not a long-term answer to dealing with nonstop change and stress. Suneel offers leaders and teams a better way to work; one that results in sustainable innovation, productivity, and fulfillment. He arms people with science-based habits that will avoid burnout, boost energy, and improve their professional and personal lives.

Suneel is a business survivor and the author of the international bestselling book *Backable* (2020). That book is rooted in his inner journey from twice-failed entrepreneur to becoming a leader behind two IPOs and being named “The New Face of Innovation” by the New York Stock Exchange. The book reveals the mindset shifts and hidden habits of people who are extraordinary at pushing new ideas forward.

His transformative book *Everyday Dharma* (2023) codifies Suneel’s mission to help people reset, reignite, and re-engage through a timeless practice called Dharma. Simply put, Dharma brings “who you are” and “what you do” into alignment. When we’re aligned, we’re able to produce our best work and lead ourselves and others effectively, experiencing true joy along the way.

As visiting scholar at Harvard Medical School, Suneel researches and teaches the interconnection between inner well-being and outer leadership. He is also emissary for Gross National Happiness between the United States and the Kingdom of Bhutan.

As CEO of RISE Suneel helped thousands of people establish a way to personalize their physical and mental health journey while connecting with certified nutritionists and trainers at an affordable price. The company was named "App of the Year" and partnered with then First Lady Michelle Obama before being acquired by the NASDAQ-listed company One Medical Group. In 2022, with its acquisition of One Medical Group, RISE is now part of Amazon.

Suneel is the host of Business Class, a 2023 Webby Award-winning docuseries created by American Express (streaming on Amazon Prime), where he showcases entrepreneurs and business visionaries who embody struggle and resilience. He is joined on the show by guests like Top Chef's Tom Colicchio, former monk Jay Shetty, and Martha Stewart.

He has partnered with The Second City comedy theater to teach students and executives how to innovate "on-your-feet" during times of rapid change.

Suneel has also personally backed ventures including Impossible Foods, Airbnb, 23andMe, and SpaceX. He was one of the very first investors in CALM, which now helps millions of people achieve a greater sense of work/life balance.

When a reporter once asked Suneel about his purpose, his response was to "find good people, and inspire them to do what inspires them."