

## Adam Markel Introduction

I'm excited to introduce our guest for today, Adam Markel (Pronounced Mar - KEL), co-Founder and Chief Researcher of WORWELL Labs.

Adam is a resilience researcher, keynote speaker, and #1 Wall Street Journal bestselling author.

In his latest bestseller, *Change Proof: Leveraging the Power of Uncertainty to Build Long-term Resilience*, Adam guides individuals and organizations to tap the power of resilience to meet the challenges of constant change and disruption.

As an attorney, business and workplace expert, Adam has spent over a decade training, coaching, and facilitating programs worldwide in the areas of workplace well-being, resilience, and leadership. Adam is inspired by his wife of more than 30 years and their four amazing children.

Today, we're going to get a taste of Adam's insights and strategies for creating sustainable, long-term professional success.

**[Note to MC: Please say this next line with lots of enthusiasm to raise the energy of the crowd!]**

Please join me in welcoming Mr. Adam Markel to [.....] ("the stage", "name event", "community", "our virtual event", "our meeting", "to the screen"...).