Jay ABBASI

"HE GETS IT!! HE TOTALLY GETS IT!!"

FPHRA ANNUAL CONFERENCE



For years, Jay Abbasi led national training programs at Tesla. Today, he's challenging the hustle mentality. Resilience isn't about how much you can take. It's about how well you can adapt.

A TEDx speaker and coach to leaders at Google, Amazon, and TikTok, Jay turns cutting-edge neuroscience into tools people actually use the next morning.

Every session is built for your audience.
Before he takes the stage, Jay connects with your leaders and attendees to tailor the message to what your people are facing right now.

"THIS WAS ONE OF THE BEST KEYNOTES I'VE SEEN."
— inSPire 2026

SIGNATURE KEYNOTE

LEADING AT THE SPEED OF CHANGE

Neuroscience-Backed Strategies to Build **Unshakable Resilience**

You can't control change. But you can choose how you navigate it. Through storytelling, neuroscience, and interactive exercises, Jay equips leaders to **protect their energy, create space, and respond with intention.**

KEYNOTE | WORKSHOP | VIRTUAL — Perfect for leadership summits, conferences & retreats



RESILIENCE STRATEGIES

Science-backed tools to manage pressure, recover from setbacks, and deliver through disruption.



SHARPENED FOCUS

Stay centered, cut through mental noise, and model calm so you decide clearly under stress.



TOOLS TO LEAD IN CRISIS

Keep your team performing and psychologically safe, without sacrificing your own well-being.

BOOK JAY FOR YOUR NEXT EVENT
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SCAN TO WATCH JAY IN ACTION