JAY ABBASI
ACCELERATE YOUR EVOLUTION

Short Bio:

Jay Abbasi is an international keynote speaker, TEDx speaker, coach, and former Tesla leader who helps professionals thrive under pressure without burning out. At Tesla, he led national training programs for over 1,000 employees, and has since coached leaders at Google, Amazon, TikTok, Wells Fargo, and many more. He's been featured in Forbes Founder, Authority Magazine, and Medium, and is the host of the top-rated podcast Unstuck with Jay Abbasi. Blending corporate experience with deep expertise in mindfulness, resilience, and well-being, Jay offers a powerful message: success isn't about avoiding challenges, but mastering them with clarity, energy, and purpose.

Long Bio:

Jay Abbasi is an international keynote speaker, TEDx speaker, performance coach, and former Tesla leader on a mission to help professionals thrive under pressure without burning out. With a rare blend of corporate experience, science-backed strategy, and powerful storytelling, Jay delivers transformational messages that move audiences and drive real results.

While at Tesla, Jay was responsible for designing and leading national training programs that empowered over 1,000 employees. He saw firsthand the demands of fast-paced, high-growth environments, and learned how the right mindset, systems, and support can turn pressure into fuel. Since then, he has trained and coached leaders across industries at organizations like Google, Amazon, TikTok, Wells Fargo, Johnson & Johnson, RBC, Ford, and IBM, equipping them with practical tools to lead with resilience, clarity, and purpose.

His work sits at the intersection of performance psychology, mindfulness, leadership development, and human connection. A longtime student of neuroscience and behavior change, Jay translates complex research into engaging, actionable strategies that help people sharpen their focus, manage stress, navigate uncertainty, and create healthy, high-performing cultures. Whether he's working with Fortune 500 executives, tech teams,

healthcare professionals, or emerging leaders, his message is clear: success isn't about avoiding challenges, it's about meeting them with energy and intention.

Jay's unique presentation style weaves science, real-world application, and authentic storytelling to create an experience that's memorable and deeply human. He's been featured in Forbes Founder, Medium, Authority Magazine, and other media outlets for his work in well-being and workplace culture. He is also the host of the top-rated podcast Unstuck with Jay Abbasi, where he interviews trailblazers and shares insights that help listeners unlock personal and professional growth.

In addition to speaking, Jay offers executive coaching, team workshops, and leadership programs designed to help professionals grow without sacrificing their health, relationships, or values. His frameworks, such as The Resilience Formula, The ABCs of Leading Through Change, and 10 Wildly Effective Communication Techcniques, equip leaders with sustainable tools for clarity, adaptability, and purpose-driven impact.

Jay's story is shaped by personal loss and transformation. After losing his father to a sudden heart attack in 2014, he embarked on a journey to redefine success on his own terms, one rooted in meaning, resilience, and contribution. That journey now fuels everything he teaches.

Today, Jay brings his message to stages, boardrooms, and podcasts around the world. Whether through keynotes, coaching, or content, he helps audiences break free from burnout, reconnect with what matters, and rise unshaken through change.