

Amy Cuddy

Social psychologist, author and lecturer

World Economic Forum's 2014 Young Global Leader

One of Business Insider's 50 Women Who Are Changing The World

Social psychologist Amy Cuddy is a Harvard Business School professor, *New York Times* bestselling author, and Young Global Leader at the World Economic Forum. Focusing on the power of nonverbal behavior, prejudice and stereotyping, the delicate balance of trustworthiness and strength, and the ways in which people can affect their own thoughts, feelings, and behaviors, she teaches thousands of people how to become more present and influential (and satisfied) in their professional and personal lives. She speaks to audiences all around the world, from Fortune 100 companies, to tech start-ups, to nonprofits and academic institutions. Her 2012 TED Talk, "Your Body Language Shapes Who You Are," has been viewed more than 35 million times and is the second-most-viewed TED Talk of all time. The *Guardian* calls it one of 20 Online Talks That Could Change Your Life. Amy has written for the *New York Times*, *New York Magazine*, *Harvard Business Review*, and *CNN*.

Her highly cited research on prejudice and stereotyping, nonverbal behavior, psychophysiology, and presence and performance under stress has been published in top academic journals, including the *Proceedings of the National Academy of Sciences (PNAS)*, *Science*, and *Psychological Science*, and covered by NPR, the *New York Times*, the *Wall Street Journal*, *The Economist*, *The Guardian*, *Wired*, *Fast Company*, and more. Cuddy has been named a Game Changer by Time, a Rising Star by the Association for Psychological Science, the Early Career Award recipient by the Society for the Psychological Study of Social Issues, one of 50 Women Who Are Changing the World by *Business Insider*, one of 10 Ten Bostonians Who are Upending the Way We Live, Lead, and Learn by Boston Magazine, one of the World's Top 50 Management Thinkers by Thinkers50, one of the Top 50 Leadership Innovators Changing How We Lead by *Inc.*, one of Twitter's 100 Science Stars by *Science*, and a Young Global Leader by the World Economic Forum.

Amy's new book, *Presence: Bringing Your Boldest Self to Your Biggest Challenges* (Little, Brown, & Co.), is a *New York Times*, *Washington Post*, *USA Today*, *Wall Street Journal*, *Publisher's Weekly*, and *Globe & Mail* bestseller. As described in the *New York Times Book Review*, "Presence feels at once concrete and inspiring, simple but ambitious—above all, truly powerful."

Continued on next page



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Women in Action 2016



But Amy Cuddy wasn't supposed to become a successful scientist. In fact, she wasn't even supposed to finish her undergraduate degree. In her second year of college, Amy suffered a serious traumatic brain injury after being ejected from a car in a high-speed crash, and doctors said she would struggle to finish school. In fact, she went on to complete a bachelor's degree *magna cum laude*, albeit four years later than her high school classmates, at the University of Colorado, and then an M.A. and a Ph.D. at Princeton University. Amy grew up in Pennsylvania Dutch country, is a classically trained ballet dancer, and worked as a roller-skating waitress in college. She lives with her husband, Paul, and her son, Jonah. Together, they travel, fall in love with mountain ranges, discover, listen to, and sometimes attempt to make live music, rave about great diners and complain about bad coffee. Amy loves connecting—people with people, art with science, and ideas-from-here with ideas-from-there.

If you act powerfully, you will begin to think powerfully.

