

# BIOGRAPHY

**CHANGE CATALYST #NOMATTERWHAT MOVEMENT, BEST  
SELLING AUTHOR AND TRANSFORMATIONAL KEYNOTE  
SPEAKER**



## FULL BIO

Sterling Hawkins is out to break the status quo on how we view discomfort in our professional and personal lives. As we continue to face unrelenting uncertainty and change, he is creating bold action and inspired energy by teaching leaders and their people how to use discomfort to their advantage. The essence lies in building the mental fortitude to break through the paralysis of fear and the unknown, and seize discomfort in order to transform it into a competitive advantage within ourselves and our organizations.

As an innovator, investor, author, and foremost expert on growth and transformation, he has worked with some of the largest companies in the world sharing his powerful #NoMatterWhat framework that is helping leaders and their people forge a path of unwavering determination and unstoppable progress. More than a framework for growth, #NoMatterWhat is quickly becoming a movement that is energizing workplace cultures, opening new opportunities and creating community and deeper collaboration among colleagues and leaders.

Sterling's work has been featured in publications like Inc. Magazine, Fast Company, The New York Times and Forbes. The hundreds of thousands who have joined Sterling, find that all the unpredictability in the world is no match for their creativity, determination and inspiration to achieve even the most audacious goals, #NoMatterWhat is standing in their way.