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Dr. Jarik E. Conrad, SPHR, SHRM-CSP, NACD.DC, is a sought-after speaker on the present and future of work. He has been recognized on multiple occasions as one of the world's top "people practitioners" in the annual HRD Global 100 and was named a top 100 HR influencer by Engagedly. He earned a bachelor's degree from the University of Illinois, two master's degrees from Cornell University, and a doctor of education degree from the University of North Florida. In addition to senior HR certifications, he holds certifications in emotional intelligence, intercultural sensitivity, plant-based nutrition, and weight management, as well as a National Association of Corporate Directors (NACD) corporate directorship certification. As managing director of Human Like Me, he draws from an interdisciplinary background to help solve the most enduring challenges faced by people and organizations. He previously served as the VP of human insights at UKG. He also served as the executive director of the company's global think tank, The Workforce Institute. He is the author of two award-winning best-selling books, *The Fragile Mind* and *In Search of Humanity*. A strong advocate for health and wellness, he appeared in the documentary *Eating You Alive* and designed, led, and published a clinical trial on emotional intelligence education and plant-based nutrition while serving as a research collaborator with the Mayo Clinic. Dr. Conrad is currently an advisory board member for the Wellness Alliance as well as the Fowler Business School at San Diego State University (SDSU). He is also a member of the Consortium for Research on Emotional Intelligence in Organizations (CREIO), which brings together leading scholars and thought leaders to explore recent advances in emotional intelligence.