###### Andy Core, Ph.D.

###### Author/Speaker/Researcher on Productivity, Resiliency, & Wellbeing

Dr. Core is a credentialed, award-winning speaker, researcher, and best-selling author on excelling in high-demand environments. His programs provide the mindsets and actionable strategies that improve productivity, resiliency, and wellbeing.

Specifically, Andy works with leaders and event teams to deliver in-person and virtual programs that focus on:

* Staying motivated in challenging times
* Improving productivity even when disrupted and interrupted
* Reducing stress & turnover
* Improving work-life balance

##### **ANDY BY THE NUMBERS**

* Over 1,800 presentations on 3 continents (North America, Asia, and Europe)
* 5 Star peak performance author (Wiley Publishing, NY, NY)
* Over 2.5 decades of experience as a researcher, author, and speaker
* 3 Professional degrees (BS Biology, MS Human Performance, PhD Performance Psychology)
* Client data: Results that last up to 13X longer than the national average

Awards & Acclaim

* Voted Top5 Global Health/Healthcare Speakers

Book

* Change Your Day, Not Your Life – A realistic guide to sustained motivation, more productivity and the art of working well (Amazon Best Seller Lists: Motivational Management & Leadership, Work-Life Balance in Business)

Contact

Andy Core

800-605-8480

andy@andycore.com