

## CY WAKEMAN

**Name:** Cy Wakeman, M.S., CSP  
**Job Title:** President & CEO  
**Company:** Reality-Based Leadership

### Official Headshot

High Resolution Image

<https://cywakemaninc.box.com/s/mx3iijwiv1hw0fyhs8xfxf30zsu35oj2>

### Biographical Information



Cy Wakeman is a drama researcher, global thought-leader, and *New York Times* best-selling author who is recognized for cultivating a counter-intuitive, reality-based approach to leadership. Backed by over 20 years of unparalleled experience, Wakeman's philosophy offers a new lens through which employees and executives alike, can shift their attention inward, sharpen their focus on personal accountability, and uncover their natural state of innovation simply by ditching the drama.

Deemed “the secret weapon to restoring sanity to the workplace,” Wakeman has helped companies such as

Google, Facebook, Viacom, Uber, NBC Universal, NASA, Pfizer, Johns Hopkins, Stanford Health Care, Keurig Dr. Pepper, AMC Theatres, White Castle, Bank of America Merrill Lynch, and countless others learn to navigate our rapidly changing world using good mental processes to harness energy wasted in workplace drama and reinvest that effort into achieving profound business results.

As a highly sought-after conference headliner, Cy Wakeman holds a Certified Speaking Professional (CSP) designation from the National Speaker's Association, placing her within the top 3% of speakers. She's a regular contributor on Forbes.com, Success.com, The Huffington Post, and Arianna Huffington's Thrive Global. She's been featured on the *TODAY Show*, the [AskGaryVee Show](#) with Gary Vaynerchuk, *Cheddar TV*, *The New York Times*, *Business Insider*, *The Daily Muse*, *SHRM.com* and many more. Voted in the top 100 leadership professionals to follow on twitter for 7 years in a row and named to [The 2019 Most Inclusive HR Influencer List](#), Wakeman also came in at **#1** on the [Global Gurus 2021 List](#) of top 30 Leadership Professionals around the world.

Wakeman has published three books, the latest of which is [No Ego: How to Cut the Cost of Drama, End Entitlement and Drive Big Results](#) (2017) . Cy also hosts her own [No Ego podcast](#), a Facebook Watch show, [Life's Messy, Live Happy](#), and adds weekly video content on [YouTube](#) to address leaders' biggest challenges in the workplace.