



## Steven MacGregor

**Professor of Executive [Health](#) and Behaviour, conference speaker on corporate [wellbeing & leadership](#), [author](#) of 'Chief Wellbeing Officer'**

Dr. Steven MacGregor is a global pioneer in workplace health and wellbeing, and how it supports business performance. In the past 10 years he has helped tens of thousands of managers around the world bring their whole selves to the workplace in his roles as professor, researcher and executive coach.

### Steven's biography

#### Steven MacGregor Inspirational Speaker

In total, Dr. MacGregor has taught over 30,000 executives face-to-face and a further 250,000 online through the Sustaining Executive Performance program, including teaching at IMD in Lausanne, and CEIBS in Shanghai. Amongst his many and varied clients, he includes the likes of McKinsey, Salesforce and Uber. This global exposure has given him a keen sense of cultural awareness and a deep understanding of how to inspire and change behaviour.

Dr. Steven MacGregor grew up in Motherwell in the west of Scotland. Known globally as one of the world's finest steelmaking centres, it suffered greatly in the early 1990s through a mixture of politics and [globalization](#).

This upbringing has driven Dr. MacGregor to be one of the world's leading experts on health and wellbeing in the work [environment](#), underpinned by a strong set of values.

An engineer by training, Steven holds a Master of Engineering in Product Design Engineering and a PhD in Engineering Design Management from the University of Strathclyde in Glasgow, a renowned engineering school. His PhD included a tour of North America as a visiting researcher, funded by several institutions and funds, including the Royal Academy of Engineering and Sir Sean Connery. This tour included Stanford and Carnegie-Mellon where he forged relationships in the Bay Area and Pennsylvania that have lasted to this day.

After completing his PhD, Steven moved to Spain, working in the Mondragon Cooperative, the largest industrial cooperative in the world and funded by a post-doctoral scholarship from the Spanish Government. He then led a dual life as an entrepreneur and professor, training also with Tour de France cyclists in Girona and pioneering the teaching of executive health and wellbeing at IESE Business School in Barcelona. This is the highest ranked executive [education](#) provider worldwide according to the

Financial Times. Since 2009 he has taught over 100 executive programs at the school, involving thousands of senior leaders.

He is currently an adjunct professor at Madrid's IE Business School as well as a Visiting Fellow at the Glasgow School of Art. He is also a prolific [author](#) who, over the past eleven years, has either authored or co-authored a total of six books. Of these, the most notable is '*Sustaining Executive Performance*' published in 2015 and '*Chief Wellbeing Officer*' published in 2018.

He is a former international-level duathlete currently racing for FC Barcelona and has trained with Olympic athletes, Tour de France cyclists and Ironman champions.

As a speaker, Steven, who is also fluent in Spanish, has the ability to not only captivate his audiences but create a strong connection between personal health and business performance. He is imminently able to balance theory with field practice, resulting in a presentation that gives audiences applicable takeaways for use in both their personal and business lives.

## Steven's talks

- **Combatting executive stress and burnout**
- **The human-focused workplace - building better lives for business success**
- **Towards the business case for health and wellbeing**
- **Habit hacking and sustainable behaviour change**
- **Creating cultures of inspiration and innovation**
- **Practicing a more human language of leadership for the [future of work](#)**
- **Sustaining executive performance**