



Arianna Huffington

Chair and President, Huffington Post [Media Group](#); Founder and Editor-in-Chief, The Huffington Post

At the forefront of one of the world's most successful news site and a key figure in the current communications revolution, Arianna Huffington discusses the new [media](#), [politics](#), the economy and lessons she has learned on the road to success.

Arianna's biography

About Arianna Huffington

Arianna Huffington is the founder of The Huffington Post, the founder and CEO of Thrive Global, and the [author](#) of 15 books, including, most recently, Thrive and The Sleep Revolution. In May 2005, she launched The Huffington Post, a news and blog site that quickly became one of the most widely-read, linked to, and frequently-cited [media](#) brands on the Internet. In August 2016, she launched Thrive Global, a corporate and consumer well-being and productivity platform with the mission of changing the way we work and live by ending the collective delusion that burnout is the price we must pay for success. She has been named to Time Magazine's list of the world's 100 most influential people and the Forbes Most Powerful Women list. Originally from Greece, she moved to England when she was 16 and graduated from Cambridge University with an M.A. in [economics](#). At 21, she became president of the famed debating society, the Cambridge Union.

She serves on numerous boards, including Uber, Onex, and Global Citizen.

Her last two books, Thrive: The Third Metric to Redefining Success and Creating a Life of Well-Being, Wisdom, and Wonder and The Sleep Revolution: Transforming Your Life, One Night At A Time, both became instant international bestsellers.

Arianna's talks

- **Redefining Success: The Third Metric That Can Benefit Your Bottom Line**

Can you achieve true success through a relentless race to the top at the exclusion of all else? Arianna Huffington makes a compelling case for a different approach. By redefining success beyond money and power, she urges audiences to consider a third metric in measuring success—one which is “based on well-being, [health](#), our ability to unplug and recharge and renew ourselves, and to find joy in both our job and the rest of our life.”

Mounting evidence, both scientific and anecdotal, confirms that the practices that make us less stressed also make us more productive, and Huffington provides clear examples of how this is not only good for families’ and employees’ health, but also good for a company’s bottom line.

Even though the current male-dominated model of success isn’t working for either gender, Huffington acknowledges that women must lead the charge in changing the current ethos.

Eloquent and engaging, Huffington shares how ‘leaning back’ makes for wiser leaders and how ultimately, success is not just about money or position, but about living the life you want—not just the life for which you settle.

- **The Brave New World of the "New Media": How Social Media Has Revolutionized the Communications Landscape**

The tech advances of the last few years have turned the news and [entertainment](#) worlds on their ears, shifting the balance of power away from the media giants and to consumers—and citizens—empowering them to choose and create. Technology is having the same game-changing effect on the political world.

In this lively presentation, Huffington, described by Fortune as one of the few people who “get” the Internet, discusses the latest online and social media trends—including how media companies are turning content promiscuity into profits—and reveals her vision of a hybrid future where traditional media and new media become one.

- **The Sleep Revolution**

In an increasingly fast-paced and hyper-connected world, sleep deprivation has become a global epidemic, with devastating effects on our health, our performance and our relationships. In this talk, Arianna Huffington—New York Times best-selling author and president and editor-in-chief of the Huffington Post Media Group—offers a sweeping exploration of sleep, from its rich history to the latest science, with an emphasis on how it can transform our lives.

Through personal stories and specific, science-backed tips and recommendations, Huffington addresses the most critical issues with her audience: why we sleep, why we need it, what happens when we don’t get enough, and how to get more, so we can take control of our lives and live more fully.