



Anu Gupta

Lawyer, educator, and scientist
Founder & CEO, BE MORE with Anu

Anu Gupta is a lawyer, educator, scientist, educator, and founder of BE MORE with Anu. Anu is a thought leader and internationally sought-after speaker on DEIB, antiracism, wellbeing, and wellness. His work has reached 300+ organizations, training more than 80,000 professionals and impacting over 30 million lives.

Anu is available for talks, media quotes, and interviews related to DEIB, antiracism, AI & bias, mental health, suicide prevention, human rights, social entrepreneurship, social innovation, wellbeing, and wellness. He can also share how Breaking Bias® drives lasting behavior change.

WHAT OUR PARTNERS ARE SAYING

“Anu listened to our needs, asked great questions during prep sessions, and delivered very impactful sessions to more than 850 attendees. The glowing feedback we’ve received says it all!”

Megan Whitney, Senior Manager, Feeding America

Appearances

Anu has spoken at multiple international venues and stages, including TED, SxSW, IHI’s National Forum, ACGME’s Annual Conference, Feeding America’s Annual Conference, and AFP’s National Summit, among others. He has also spoken at Google, Barclays, DTCC, Amazon, Kaiser Permanente, and other Fortune 500 companies, and premier healthcare corporations, law firms, universities and colleges, nonprofits, and philanthropic institutions.

Speaking Topics

Anu delivers 4 signature talks, listed here, but he is also available for custom keynotes. Please reach out to us for more information. All sessions are rooted in neuroscience, interactive, and embodied.

- 1 Breaking Bias: Skills to Promote Racial Equity, Wellness & Wellbeing**
Building a culture of antiracism, wellness, and wellbeing improves performance, reduces implicit bias, and builds productivity for teams in any industry – from healthcare, law, and tech to the nonprofit sector.
- 2 Mindful Embodiment To Restore Our Connection to Ourselves and One Another**
Three no-cost tools to break our internalized limitations and restore connection with our bodies, hearts, and minds, as well as one another, across similarities and differences.
- 3 Two Sides of the Same Coin: Racial Equity & Wellness**
DEIB, mental health, and burnout are interconnected – and come with financial and social costs.
- 4 The Promise of Breaking Bias**
Learn to discern the difference between conscious and unconscious bias and understand what we save financially and socially by breaking bias with five PRISM Tools.