



Karan Singh

COO & CPO
Headspace

Karan is the COO & Chief People Officer of Headspace, where he is working to create a world where everyone can be kind to their mind. Karan has been a pioneer in digital mental health for over a decade, and prior to that, worked across the healthcare industry – from biotech consulting and employer benefits to health plan partnerships, data analytics and academic research.

He co-founded Ginger in 2011, and oversaw the People function within the company, while serving as COO and transforming it into a category leader, ushering in a new wave of virtual-first care innovation. His efforts culminated in Ginger’s merger with Headspace in 2021 – a transaction valued at \$3B – resulting in the creation of an end-to-end mental health platform. Karan is passionate about mentoring entrepreneurs and helping them manage their mindsets through the inevitable swings. He loves to build, operate, and scale world-class teams on bold missions executing complex go-to-market strategies.

Karan has B.A. and B.S. degrees in Economics and Business Administration from the University of California, Berkeley, and an MBA from the Massachusetts Institute of Technology (MIT) Sloan School of Management, with a fellowship in entrepreneurship from the Legatum Center for Development. He also attended the Harvard Medical School-MIT Program in Health Sciences and Technology.

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