

## Access to Experts



**Joshua Seldman**  
President  
Executive Stamina

Joshua Seldman is a leader in the field of Executive Performance. After years as a professional athlete and world-class fitness coach, he applied his expertise on stamina and endurance to executive development, co-authoring the book *Executive Stamina*. As an executive coach to many Fortune 500 CEO's and their teams, Joshua has a unique understanding of the demands on today's leaders, and works with companies all over the world to develop specialized programs that target work-life balance, productivity, and leadership performance. Some of his recent clients include GE, PepsiCo, Barclays Capital, Disney, Qualcomm, Becton Dickinson, and T. Rowe Price. Joshua served as a consultant for the United Nations Development Program on work-life balance and productivity.

Joshua spent seven years as a professional athlete, during which he was honored as a twelve-hour and twenty four-hour solo mountain bike champion, and also had the pleasure of serving as a lead coach for Lance Armstrong's Tour of Hope ride across the U.S.

Contact Carol Courter, Manager, Corporate Communications, +1 212 339 0232, [courter@conferenceboard.org](mailto:courter@conferenceboard.org)

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