Dr. Vicki Culpin is a Distinguished Principal Research Fellow in the Human Capital practice at The Conference Board. She is also a Professor of Organizational Behavior at Ashridge Executive Education, part of Hult International Business School, having previously held positions as Dean of Faculty and Global Director of Research.

Vicki specializes in well-being research, specifically related to resilience and sleep. She has spent over 20 years researching the impact of poor memory, how to improve memory, and the effects of reduced sleep with a variety of individuals including older adults, children, forensic populations, and employees. Her most recent research and teaching interests include the relationship between sleep, well-being, and mood and the relationship between sleep and resilience in management populations.

Vicki also researches and teaches in the field of adult pedagogy, specifically in relation to learning transfer and how to make learning experiences “sticky.” Her current research examines “difficult conversations” within the workplace and the effectiveness of receiving feedback on improving performance.

Vicki works with a range of clients from across the world teaching leadership development and sharing her research findings. Her latest book, *The Business of Sleep*, is published by Bloomsbury in March 2018.

Vicki studied Psychology at Manchester University, followed by an MPhil and PhD in Psychology from Lancaster University and an MSc in Applied Forensic Psychology from Leicester University. She is an Associate Fellow of the British Psychological Society, a Chartered Psychologist, and a Fellow of the Higher Education Academy.

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