



Joshua Seldman
Chief Executive Officer
Executive Stamina

josua.seldman@executivestamina.com

Joshua Seldman is a leader in the field of Leadership and 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, energy, productivity, and leadership performance. Some of his recent clients include GE, Barclays, Pepsico, Disney, Cirque du Soleil, T. Rowe Price, General Mills, DirecTV, Qualcomm, Microsoft, and YUM! Brands. Joshua served as a consultant for the United Nations Development Program on work-life balance and productivity, and has led leadership experiences with the US Olympic Training Center.

Joshua is also known for having completed some of the most difficult races in the world, including the 10 day Tour of Chile Road Cycling Stage Race and the 24 Hour Solo Mountain Bike World Championships. Joshua raced as a professional and elite athlete for seven years, during which he was honored as a twelve-hour and twenty four- hour solo mountain bike champion. As a professional coach, he has trained Olympians, World and National Champions, and served as a lead coach for Lance Armstrong's Tour of Hope cross-country ride. Joshua has a degree in Exercise Physiology with a specialization in Sport Psychology.