Author · Keynote Speaker · Business Strategist

TERRY HEALEY



"I USE STORYTELLING TO HELP TEAMS
BUILD RESILIENCE, GAIN CONFIDENCE, AND FUEL GROWTH."

Keynote Speaker — Author

ADAPT. BUILD RESILIENCE.

SPOKEN FOR

CISCO | charles SCHWAB | Stanford University | Berkeley UNIVERSITY OF CALIFORNIA | UCSF | KAISER PERMANENTE® | PerkinElmer | Kite A GILEAD Company

www.terryhealey.com

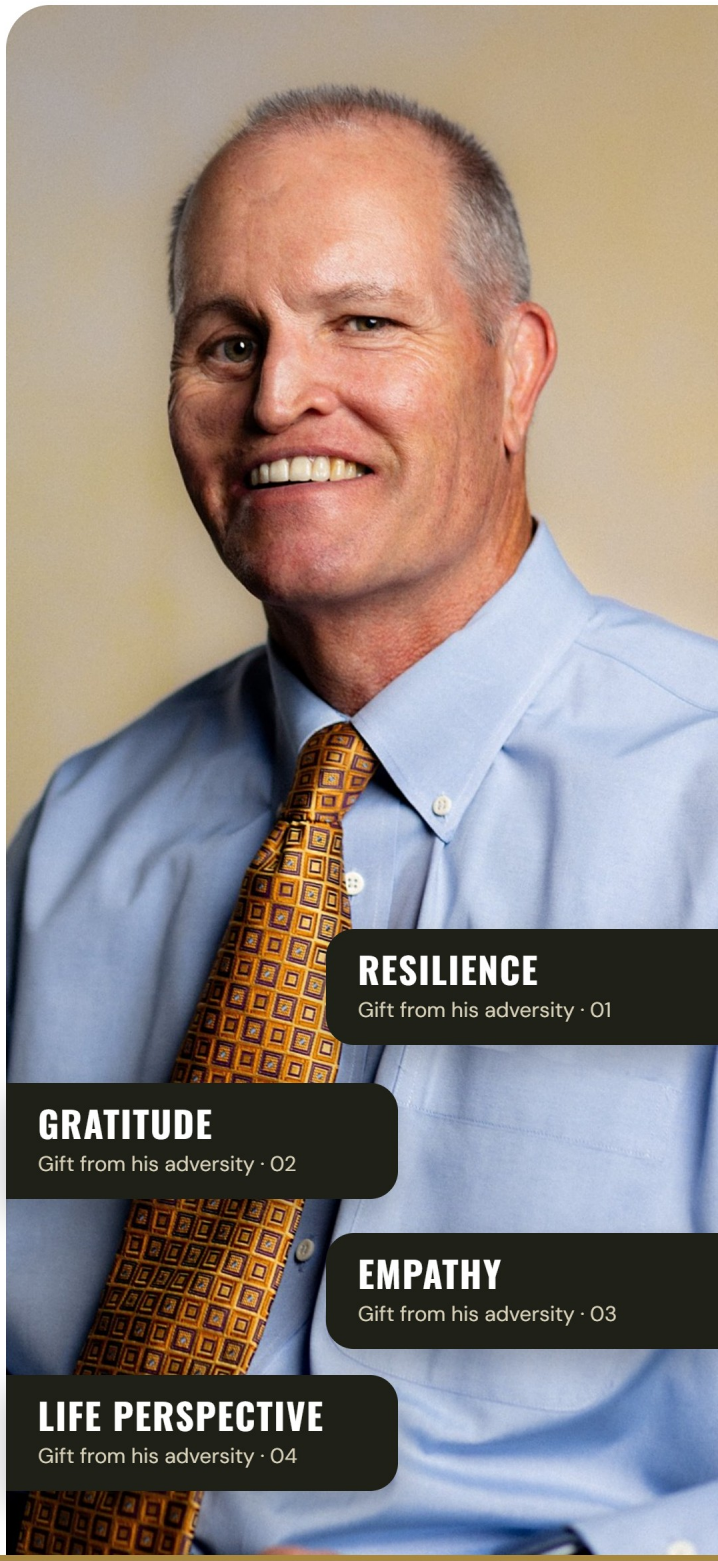
One diagnosis changed his face and his future.

At 20, Terry was a junior at UC Berkeley.

> Terry Healey is an author, keynote speaker, and business strategist. He challenges audiences to face their adversities and apply his framework of four key principles to build resilience, gain confidence, and find joy in their personal and professional lives.

HIS STORY

- Diagnosed with a rare, life-threatening fibrosarcoma of the right maxilla
- First surgery at UCSF Medical Center lasted 11 hours. Half his nose, half his upper lip, muscle and bone from his right cheek, the shelf of his right eye, six teeth, and part of his hard palate were removed
- Then came more than 30 surgical procedures to reconstruct his face, in his early twenties
- The harder healing was on the inside. The scars on the inside, loss of confidence and self-esteem, were harder to heal than the scars the world could see
- He rebuilt himself from the inside out, and built his own survival kit
- His view today: the lessons adversity taught him are gifts. His greatest reward is teaching others how to overcome any kind of adversity and celebrate life



AT A GLANCE

35 YEARS	6X	FORTUNE 500	30+	ReBAR
High-tech career, successful IPO	Award-winning author	Keynote speaker	Surgeries for life-threatening cancer and reconstruction	Creator of the ReBAR Resilience Framework



REFLECT. BUILD. ACT. RENEW.

Four practical principles to face adversity, build resilience, and find joy in your personal and professional life.

THE FOUR PRINCIPLES

01 — 04

1 Reflect

Daily reflection

Start with gratitude, then reflect on what you may have learned and been inspired by during the course of your day.

At work: Gratitude builds a positive mindset and helps people take risks with new ideas.

2 Build

A positive, growth mindset

Build a positive mindset and a growth mindset as you learn to adapt to change. Develop a strong support system, choose a positive outlook, and strive for work and life balance.

At work: Build a supportive environment, peers, mentors, employee groups and internal allies, to navigate change with positivity and optimism.

3 Act

Where the rubber meets the road

Face challenges, take control, find the ability to focus and persevere toward your goals.

At work: Focus and alignment toward one unified goal. Steer clear of too many priorities.

4 Renew

Reinforcement of the process

A commitment to continually improve and build on what you have learned from each adversity. This is where purpose is found.

At work: Keep growing and learning from mistakes. That is a growth mindset in practice.

WHAT TEAMS TAKE AWAY

ReBAR is the backbone of every keynote and workshop Terry delivers.

- LEARNING NEW HABITS
- BUILDING RESILIENCE
- FINDING JOY

His career

35 YEARS
in high-tech sales and marketing

35-year high-tech career and successful IPO. Founding team member, UC Berkeley graduate, and Fortune 500 keynote speaker, based in Santa Cruz, California.

Founding Team Member
A SUCCESSFUL IPO

UC Berkeley
GRADUATE

Santa Cruz
CALIFORNIA

IN SERVICE

Board of Directors
Sarcoma Alliance

Ambassador
Head and Neck Cancer Alliance

Past Board Member
Cancer Support Community · Continuing as a strategic advisor and speaker.

FORTUNE 500 KEYNOTE SPEAKER

Clients: Cisco Systems, Charles Schwab, Gilead Sciences, and more.

AUDIENCES

- HEALTHCARE ORGANIZATIONS
- CORPORATIONS
- EDUCATIONAL INSTITUTIONS
- ASSOCIATIONS
- NONPROFITS

SPEAKING PROGRAMS AT A GLANCE.



01

KEYNOTE

NAVIGATING DISRUPTION IN THE WORKPLACE WITH THE REBAR RESILIENCE FRAMEWORK

Turn disruption into resilience, new habits, and new muscle memory.

02

KEYNOTE

NAVIGATING LIFE'S ROADBLOCKS AND BUILDING RESILIENCE

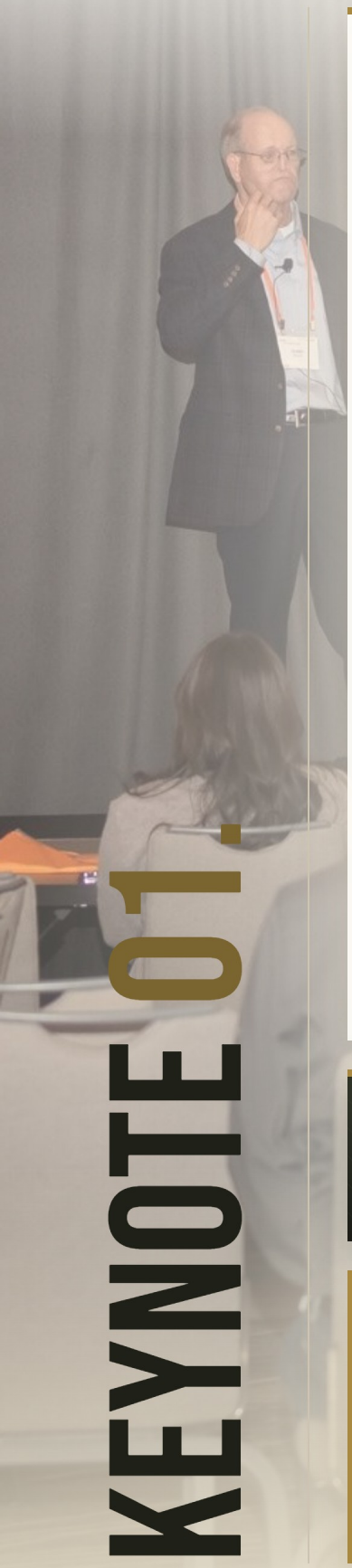
Survival techniques from his own story, turned into four guiding principles.

03

WORKSHOP · 2.5 TO 4 HOURS

RESILIENCE ASSESSMENT

Assess your team's resilience, find the gaps, leave with a game plan.



KEYNOTE 01.

KEYNOTE 1

NAVIGATING DISRUPTION IN THE WORKPLACE WITH THE REBAR RESILIENCE FRAMEWORK

Terry shares how the resilience catalyst stemming from his life-threatening battle with an aggressive and disfiguring form of cancer became the framework for how he built a successful high-tech sales and marketing leadership career.

His ReBAR resilience framework helps individuals and organizations find new methods to build resilience by developing new habits and creating new muscle memory that can change the trajectory of a life and a career.

Audiences learn ways to build a positive mindset personally and practice a growth mindset personally and professionally.

BEST FOR

TEAMS AND LEADERS FACING DISRUPTION, REORGANIZATION, AND CHANGE.

YOUR AUDIENCE LEAVES WITH

- A 4-STEP FRAMEWORK FOR HANDLING CHANGE
- HABITS THAT TURN DISRUPTION INTO GROWTH
- A SHARED LANGUAGE FOR RESILIENCE ACROSS THE TEAM

KEYNOTE 2

NAVIGATING LIFE'S ROADBLOCKS AND BUILDING RESILIENCE

Terry shares survival techniques from his life-threatening battle with an aggressive form of cancer that left him with a permanent facial difference.

He shares how he found a way to harness daily inspirations and transform them into four guiding principles that became a framework for facing adversity and building a resilient and fulfilling life.

Terry takes you through his harrowing personal ordeal and what enables him to build a positive mindset and practice a growth mindset.



AUDIENCES LEARN TO

01 TAKE CONTROL

02 OVERCOME CHALLENGES

03 BUILD TRUST AND TEAMS

04 FACE ADVERSITY AND CHANGE

05 BUILD RESILIENCE

06 GAIN CONFIDENCE

YOUR AUDIENCE LEAVES WITH

SURVIVAL-KIT TOOLS FOR ANY SETBACK

HOW TO CHOOSE A POSITIVE MINDSET UNDER PRESSURE

RENEWED CONFIDENCE AND PERSPECTIVE

RESILIENCE ASSESSMENT.

Terry uses his **ReBAR** resilience framework to set the stage for our capacity to build resilience.

01 **Frame.** Clear framing of what individual and organizational resilience is.

02 **Assess.** Each participant scores themselves and their team across seven resilience dimensions.

03 **Discuss.** Open discussion about key findings and resilience gaps, with a focus on making positive change.

04 **Plan.** Interactive discussion. Each person leaves with a game plan and actions to take toward key priorities and objectives.

THE ASSESSMENT MEASURES 7 DIMENSIONS OF RESILIENCE

Resourcefulness / Capability / Alignment / Seeking Support / Hopefulness / Growth Mindset / Positive Mindset

TRUSTED BY TEAMS IN HEALTHCARE, BUSINESS AND EDUCATION.

SPOKEN FOR

Cisco
Charles Schwab
Gilead
Cal
Santa Clara University
Ligand
Abbott
PerkinElmer
Stanford University
UCSF University of California San Francisco
Kaiser Permanente
Northwestern Medicine
GBMC Healthcare
Lawrence Livermore National Laboratory
ONS Oncology Nursing Society
and many others

MEDIA

150+

Podcast and radio interviews across the U.S. and Canada.

DOZENS

Of interviews on national and local TV networks.

WHAT ORGANIZERS SAY

Joseph Ryan Tebo, MSN, RN, CNS, OCN
(President, Oncology Nursing Society, San Francisco Bay Area Chapter)

"Terry is a captivating and entertaining speaker that brings humor and heart to the stage. **He was our most popular speaker of the day.** Absolutely well earned!"

Kim Laughton
(President, Schwab Charitable)

"Thank you, Terry! **What an inspirational speech** and a great way to kick off a very productive day for our team!"

Wes Kapsa
(Chief Revenue Officer, Wayground)

"At a leadership offsite, in just 3 hours, Terry **"surfaced gaps we had not fully addressed."**"

Kevin Hrusovsky
(President, Life Sciences and Technology, PerkinElmer)

"**A once in a lifetime experience.**"

Christine Pratt
(Senior Manager, Marketing, Cisco Systems, Inc.)

"**You could hear a pin drop.**"

Edith Mooney
(Senior Administrative Coordinator, Kite Pharmaceuticals, a Gilead Company)

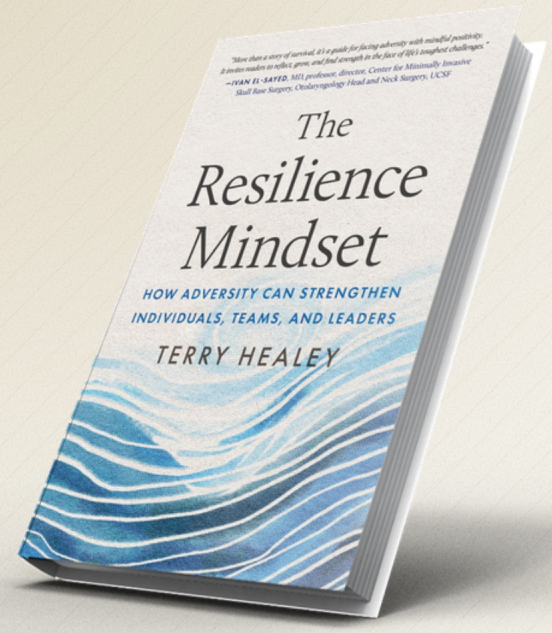
"**Inspiring!** Our entire team was excited, engaged."

Mike McHugh
(Director of Football Operations, UC Berkeley Men's Football)

"**I've never seen our players so riveted during a presentation.**"

Dwight Clark
(Tight End, San Francisco 49ers)

"I spent years in locker rooms with Bill Walsh, Joe Montana, and Ronnie Lott, and **I have never heard something so inspirational as your story.**"



THE RESILIENCE MINDSET

How Adversity Can Strengthen Individuals, Teams, and Leaders

ECW PRESS / SIMON & SCHUSTER · 9 SEPTEMBER 2025 · 208 PAGES

> **An actionable framework to overcome adversity and create a more fulfilling life.**

For: business professionals seeking success and purpose, cancer survivors, people with disabilities who feel marginalized, and anyone facing life's challenges who wants stronger coping skills.

Inside: his own story, evidence-backed research, and stories of people who overcame paralysis, traumatic brain injury, severe dyslexia, burn injuries and other adversities. Plus tools to build your own survival kit, for the smallest and biggest obstacles.

WINNER OF 6 BOOK AWARDS IN 2026

- **Positive Impact Awards,** Legacy Award, Resilience and Hope · 1 July 2026
- **Nonfiction Book Awards,** Gold Winner · 22 June 2026
- **NYC Big Book Award,** Distinguished Favorite, Personal Growth · 4 September 2026
- **National Indie Excellence Award,** Cancer · 12 June 2026
- **Literary Titan,** Gold Book Award, Resilience and Hope · 2 July 2026
- **IAN Book of the Year Awards,** Gold Winner, Inspirational Non-Fiction · 2026

WHAT READERS IN LEADERSHIP AND MEDICINE SAY

> **"MORE THAN A STORY OF SURVIVAL, IT'S A GUIDE FOR FACING ADVERSITY WITH MINDFUL POSITIVITY. IT INVITES READERS TO REFLECT, GROW, AND FIND STRENGTH IN THE FACE OF LIFE'S TOUGHEST CHALLENGES."**
>
> **Ivan El-Sayed, MD,** professor, director, Center for Minimally Invasive Skull Base Surgery, Otolaryngology Head and Neck Surgery, UCSF

> **"TERRY TEACHES HOW TO BUILD RESILIENCE, GAIN CONFIDENCE, AND EMBRACE CHANGE."**
>
> **Tracey Newell,** board member, past president of Informatica

> **"A GOOD COMEBACK STORY."**
>
> **Bill Pruitt,** five-time Emmy Award-winning executive producer of The Amazing Race, The Apprentice, and Deadliest Catch



AT FACE VALUE, IN TWO EDITIONS

> His personal story: the life he celebrated but took for granted, the life he abhorred and tried to change, and the life he treasured because it finally had meaning.

FIRST EDITION · 2001

Xlibris, 272 pages: *At Face Value: My Struggle With a Disfiguring Cancer.*

SECOND EDITION · 6 JAN 2006

Caveat Press: *At Face Value: My Triumph Over A Disfiguring Cancer.*

Also by Terry, as contributing author: *Open My Eyes, Open My Soul: Celebrating Our Common Humanity. Make Your Own Miracle: Surviving Cancer, an Anthology. Reading Lips and Other Ways to Overcome a Disability.*



BOOKING

BOOK TERRY HEALEY.

For: keynotes and the Resilience Assessment workshop for healthcare, corporate, education, associations, and nonprofit audiences, nationwide.

Programs: two keynotes and the Resilience Assessment workshop.

KEYNOTE | WORKSHOP | VIRTUAL

Fee: contact for fee

WEBSITE
www.terryhealey.com

PHONE
510-693-5340

EMAIL
terry@terryhealey.com

CONNECT · @TERRYHEALEYUS

LinkedIn | Instagram | Twitter | YouTube

To learn more about Terry's books visit Amazon.com.