

DR. ANDY GARRETT

Clinical Psychologist

Founder | True North Radical Resilience Movement

CEO | AG Thrive

Executive Coach

Dr. Andy is the world's leading authority on Radical Resilience. He's a clinical psychologist with over two decades of experience working with executive clients at his Newport Beach practice. In addition to growing a thriving in-person clinical practice, Dr. Andy is a prolific course creator, author, and keynote speaker teaching corporate radical resilience to top companies around the country.



Using contemporary research and psychological best practices Dr. Andy has created a framework to replicate the Radical Resilience he directly learned from his grandfather, Carl Karcher, founder of Carl's Jr. This framework helps individuals and corporate teams cultivate a culture of Radical Resilience to thrive during seasons of adversity, and flourish regardless of the environmental context.

With decades of clinical research, private practice, and business consulting under his belt, Dr. Andy is guiding companies in Radical Resilience - providing organizations with an antidote to corporate fragility - thereby enabling them to grow and thrive through today's uncertain economic times.

Dr. Andy has been featured on NBC, ABC, CBS, Fox News, Sports Illustrated, ISI, the Institute for Educational Advancement among other national publications and news outlets.



"Dr Andy Garrett is absolutely passionate about helping people - and organizations - become the best version of themselves.

His unique approach can be adapted and customized for executives and leaders at different stages of organizational development - leading to effective breakthroughs in anyone.

I have seen the positive results in my employees that I have referred to him, and I recommend him to any leader - or organization - seeking effective solutions for growth - or for anyone - or any organization that is really ready to experience significant breakthroughs with the results they are getting.

I strongly recommend that you take the time to see if Dr. Andy's development and training program is a great fit for you - and/or your team - so that you can see for yourself what happens when you have a team full of employees who are operating with clarity, consistency, and conviction to their organization's True North identity and purpose - and who have the necessary tools, skills, strategies, and mindset to respond to challenges and crises in a True North Radically Resilient manner - empowering them to consistently grow, succeed, and thrive through any circumstances!"

Albert Lee, CEO Cleverkey Consulting Group, Inc.
Founder and President - Brightpoint Realty Group, Inc.

(With Albert's expert guidance and business counsel - he has helped 4 separate startups achieve rarified unicorn status - going from startup to billion dollar evaluation. The portfolio of businesses he has worked with include some of the most successful and influential brands in America - including- but not limited to - Snapchat; Children's Hospital of Los Angeles; LoanDepot; Rippling; etc.)

SPEAKING TOPICS INCLUDE:

Discover Your True North: Establish an authentic organizational identity - that becomes the bedrock foundation and guiding compass for every organizational decision

Conviction in Command: Developing Radically Resilient Leadership to empower your organization to grow through economically turbulent times

Chaos to Clarity: Harnessing Radical Resilience to conquer uncertainty and grow through adversity

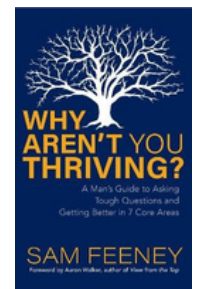
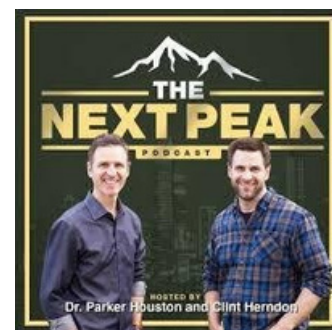
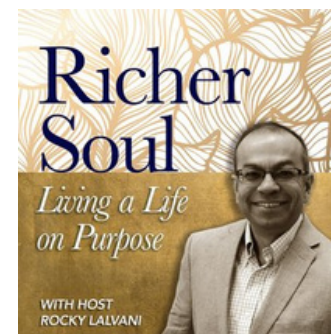
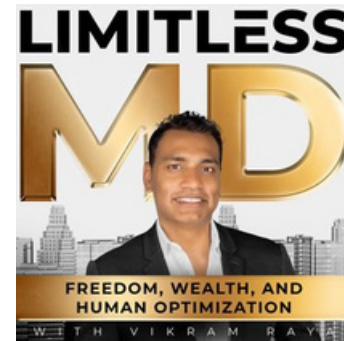
Zen of Achievement: Flow State Strategies for peak performance and fulfillment

Fueling the Fire Within: Radical Resilience as a catalyst for unyielding motivation to combat the risk of burnout

Carl Karcher's Resilient Legacy: Dr Andy learned the principles of True North Radical Resilience from his grandfather, Carl Karcher, the founder of Carl's Jr. restaurants.

Note: These are some of the topics Dr Andy speaks with expertise - but - this is not a comprehensive list.*

AS SEEN IN





**DR. ANDY IS BOOKING ENGAGEMENTS
FOR LIVE AND DIGITAL EVENTS FOR
2024 AND 2025.**

**PLEASE USE CONTACT INFORMATION
BELOW TO INQUIRE ABOUT
AVAILABILITY.**

Phone : (949) 278-5482

Website : www.ag-thrive.com

Email : drandy@ag-thrive.com