



## **Dr. Lee Newman**

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Lee Newman is as Dean of IE's School of Human Sciences and Technology and a professor of Behavioral Science and Leadership at IE University and IE Business School in Madrid, Spain. His work and interests center on Behavioral Fitness and Positive Leadership, and in particular, on translating and applying behavioral science to help professionals optimize their performance in the workplace.

Prior to pursuing a career in academia, Dr. Newman served as an Engagement Manager with McKinsey & Company in Chicago, and was a founder and senior manager in two technology-based startups in New York City.

Dr. Newman holds an interdisciplinary Ph.D. from the University of Michigan in Psychology and Computer Science, as well as a Certificate in Cognitive Neuroscience. He also holds an MBA from The M.I.T. Sloan School of Management, a Master in Technology & Policy from M.I.T., and a Bachelor in Electrical Engineering from Brown University.

### **Links to Lee Newman articles online:**

HBR: <https://hbr.org/2014/04/how-to-override-your-default-reactions-in-tough-moments/>

WSJ: <http://blogs.wsj.com/experts/tag/lee-newman/>

Forbes: <http://www.forbes.com/sites/forbesleadershipforum/2013/12/26/use-the-new-year-to-improve-your-behavioral-fitness-at-work>

Thinkers50: <https://thinkers.in/in-conversation-with-lee-newman/>



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## About the Session :

Managers face enormous challenges in trying to understand how they can they better lead themselves, their teams or their business units. They need to be able to think clearly, make high-quality decisions, effectively handle daily stressors and emotions, bounce-back from setbacks, and perhaps most critically – they must constantly develop their in-the-moment behaviors to be able to work effectively within others inside and outside their organization. Behavioral fitness focuses on developing the behaviors, attitudes and thinking skills necessary to allow managers to perform at their best in the everyday moments they face in the workplace -- because it is in these moments that leadership actually happens.

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