

ELIZABETH A. STANLEY, Ph.D.



Biography

Elizabeth A. Stanley, Ph.D., is a bestselling author, researcher, and thought leader who helps leaders and teams build the embodied resilience to feel grounded, capable, and connected—and to adapt and thrive amid crisis, uncertainty, and turbulent change. A Georgetown University professor and former U.S. Army intelligence officer, she has spent more than two decades studying how stress and trauma shape our perceptions, decisions, relationships, and conflicts—and translating that science into practical, body-based tools.

Liz's work grew out of lived experience in war zones, contemplative retreats, and her own journey through trauma, including a near-death experience while peacekeeping in Bosnia and a temporary loss of eyesight. She's maintained a daily contemplative practice for more than 25 years, including intensive retreats in the United States and Myanmar.

These experiences led her to create Mindfulness-based Mind Fitness Training (MMFT)[®], a research-backed resilience program taught worldwide to executives, senior government leaders, military personnel, diplomats, humanitarian aid workers, and first responders, including in Ukraine. MMFT[®] research has been published in peer-reviewed scientific journals and featured on *60 Minutes*, *ABC Evening News*, National Public Radio, BBC Radio, and in *Time* and *Forbes*.

Liz is the author of the international bestseller, *Widen the Window: Training Your Brain and Body to Thrive during Stress and Recover from Trauma*, and the award-winning *Paths to Peace*, about the domestic politics of ending intractable wars. She holds a Ph.D. from Harvard, an MBA from MIT Sloan, and a BA from Yale. She is a certified practitioner of Somatic Experiencing, a body-based trauma therapy. Earlier in her career, her military service included postings in South Korea and Germany and on two peacekeeping deployments in the Balkans.

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