



## Mo Gawdat

Mo Gawdat is a globally respected thought leader on happiness, artificial intelligence and ethical innovation. A former senior executive at Google X, he brings rare credibility, depth and humanity to corporate audiences navigating complexity, wellbeing and the future of technology.

### KEY TOPICS

---

- Solve for Happy: Engineering a Happier Life
- Scary Smart: The Future of AI and Humanity
- Unstressable: Eliminating Unhealthy Stress at Work and in Life
- Leadership, Ethics and Technology in a Rapidly Changing World
- Building Resilient, Human-Centred Organisations
- Purpose, Meaning and Mental Wellbeing in the Modern Workplace

### BIOGRAPHY

---

#### Introduction

Mo Gawdat is a former Chief Business Officer at Google X, bestselling author and globally recognised expert on happiness, stress and artificial intelligence. With a 30-year career at the forefront of technology and innovation, he now works with organisations worldwide to create healthier, more ethical and future-ready cultures.

#### Professional Background & Credentials

Mo spent decades leading and scaling some of the world's most valuable technology businesses. After joining Google in 2007, he played a pivotal role in establishing nearly half of the company's global operations, with a particular focus on emerging markets. He later moved to Google X, the organisation's renowned moonshot factory, where he helped drive breakthrough initiatives including self-driving cars, Project Loon and Google Life Sciences, all designed to deliver tenfold improvements to existing systems. Prior to Google, Mo held senior leadership roles at Microsoft, IBM, NCR and BAT across the Middle East, Europe and emerging markets. Alongside his corporate career, he is a serial entrepreneur who has co-founded more than 20 ventures and served on numerous boards spanning technology, health, consumer goods and government innovation. He continues to mentor start-ups globally and advises leaders at the intersection of technology, ethics and human wellbeing.

#### Speaking Style & Audience Value

Mo Gawdat is known for his calm, thoughtful and highly engaging speaking style, blending engineering logic

with emotional intelligence and profound personal insight. He delivers keynote presentations, fireside conversations and interview-style sessions that resonate with senior leaders, innovation teams and wellbeing-focused audiences alike. Audiences consistently value his ability to translate complex subjects such as artificial intelligence, happiness and stress into clear, practical frameworks. His sessions equip delegates with tools to improve decision-making, manage pressure more effectively and lead with greater humanity, while also offering a compelling perspective on how organisations can innovate responsibly in a rapidly changing world.

## **Books & Published Work**

Mo is the author of multiple international bestselling books that bridge technology, psychology and human wellbeing. His work explores how happiness can be engineered, how stress can be reduced, and how humanity can coexist ethically with rapidly advancing artificial intelligence. Titles such as *Solve for Happy*, *Scary Smart*, *That Little Voice in Your Head*, *Unstressable* and *Alive* have reached millions of readers worldwide and are frequently referenced by organisations seeking science-based, human-centred approaches to leadership, resilience and innovation.

## **Global Influence & Thought Leadership**

Beyond the stage, Mo is a widely recognised voice in global conversations around mental health, ethical technology and the future of humanity. He is the founder of the One Billion Happy movement, a global initiative dedicated to proving that happiness can be learned, shared and scaled at population level. He also serves as Chief AI Officer at Flight Story and is the co-founder of *Unstressable*, a platform and community focused on eliminating unhealthy stress. Mo is the host of *Slo Mo*, one of the world's leading mental health podcasts, where he engages in deep conversations with thinkers, creators and everyday people about purpose, resilience and what it means to live well in a technology-driven age. His work continues to influence organisations, governments and individuals seeking a more balanced, ethical and human-centred future. [Contact us now](#) for more information on how Mo can inspire your organisation to lead with humanity while embracing the opportunities and responsibilities of advanced technology.