

# Sian Beilock

President, Dartmouth College  
Award-winning Cognitive Scientist  
Author, *Choke* and *How Your Body Knows Its Mind*

*Having trouble under pressure?  
Re-train your brain.*



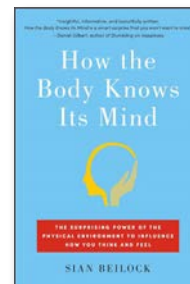
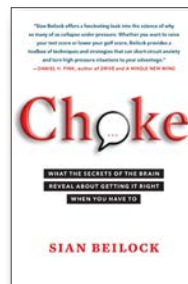
## Biography

Sian Beilock is the 19th president of Dartmouth College, the first woman elected to the position in the institution's more than 250-year history and the youngest president in the Ivy League. She kicked off her tenure with a commitment to support campus-wide mental health and to encourage civil dialogue through the creation of "brave spaces" rather than safe spaces. Beilock is also a cognitive scientist and one of the world's leading experts on the brain science behind choking under pressure in business, education, and sports. Rooted in her own leadership experiences and cutting-edge research, Sian Beilock brings to the stage illuminating insights on communicating across differences as well as science-backed strategies for performing your best under stress, building and leading strong teams, and enhancing productivity.

[more ▶](#)

## Topics & Books

*Health*  
*Social Science*  
*Leadership*  
*Empowering Women*



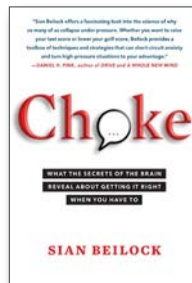
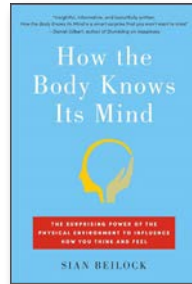
In her first year as Dartmouth president, Sian's bold choices frequently garnered national attention. She was applauded for the launch of Dartmouth Dialogues, an initiative that promotes embracing the discomfort of disagreement and learning through respectful engagement with differing viewpoints. Dartmouth was also the first Ivy League to reinstate the SAT testing requirement when research showed the scores actually helped rather than hindered the applications of marginalized students. Together, these initiatives speak to Sian's expertise in building fair, inclusive, and supportive environments where diverse perspectives are valued and communities thrive.

Beilock is the author of two critically acclaimed books that have been published in over a dozen languages. *Choke* is an accessible presentation of the brain science behind performance anxiety with simple strategies to ensure success when it matters most. Her related TED talk, "Why We Choke Under Pressure and How to Avoid It," has been viewed over 2.5 million times. *How the Body Knows Its Mind* reveals the influence both the physical environment and our bodies have on the ways we think, feel, and behave. She makes the case that by mastering these mind-body connections, we can lead happier and more successful lives. Her research has produced over 100 peer-reviewed scientific papers and is routinely covered by media outlets such as CNN, NPR, *New York Times*, and *Wall Street Journal*.

Prior to joining Dartmouth, Beilock served as the eighth president of Barnard College at Columbia University. She enhanced STEM research and teaching programs

to parallel the college's renown in the arts and humanities. She also implemented the Feel Well, Do Well wellness initiative, lifelong career support through Beyond Barnard, and created degree options that allowed students to transition directly from Barnard into a range of master's programs at Columbia. Under Sian's leadership, Barnard saw increased application rates and increased diversity among students, faculty, and staff—with nearly half of Barnard students identifying as women of color. Prior to her appointment at Barnard, Beilock served at the University of Chicago for 12 years, occupying roles including Executive Vice Provost, the Stella M. Rowley Professor of Psychology, and an Officer of the University.

Sian Beilock is an elected member of the National Academy of Kinesiology and the Council on Foreign Relations and a fellow of the American Psychological Association and the American Association for the Advancement of Science (AAAS). She has received many awards including the Troland Research Award and a number of early career contribution awards for her pioneering work. She earned her Bachelor of Science in cognitive science from the University of California, San Diego, and PhDs in both kinesiology and psychology from Michigan State University.



## Leigh Bureau

Speakers of Substance Since 1929

### US Office

Campus View Plaza, 1250 Route 28  
Suite 301A, Branchburg, NJ 08876  
(908) 253.8600

### Dublin Office

Pavilion House, 31 Fitzwilliam Square S  
Dublin 2, D02 F403, Ireland  
+353 1230 2322

### Seoul Office

19F, West Center, Center 1 Building 26  
Euljiro 5-gil, Jung-gu  
Seoul, 04539, Korea  
+ 82 2 6022 0562~5