



# Arel Moodie Biography

**AREL MOODIE** Adult Development Theory Expert.  
Keynote Speaker. Tech Co-Founder. Best-Selling Author. Disney+ Host.

## Short Bio

Arel Moodie helps organizations Build People Power™, transforming how teams work and win together through a breakthrough approach to human development. A tech founder, bestselling author, and keynote speaker, he's shown leaders from the White House to Fortune 500 companies how to turn workplace dynamics from constant friction into predictable excellence. He's spoken to nearly one million people across 48 states and 5 countries.

## Medium Bio

**Growing up in the Brooklyn projects, witnessing people being murdered and imprisoned, Arel Moodie learned early on how people around you can either hold you back or lift you up. This insight drove him to become one of only a handful of people worldwide certified in Adult Development Theory.**

Today, Arel helps organizations Build People Power™, transforming how teams work and win together through a breakthrough approach to human development. A tech founder and CEO, keynote speaker, and bestselling author, he's shown leaders from the White House to Fortune 500 companies how to create cultures where everyone wins together.

Featured in *The New York Times*, *USA Today*, and *Forbes*, Arel has spoken to nearly one million people across 48 states and 5 countries, making the science of human development accessible to leaders ready to transform their organizations.



# Arel Moodie Biography

## Long Bio

**Growing up in the Brooklyn projects, witnessing people being murdered and imprisoned, Arel Moodie learned early on how people around you can either hold you back or lift you up. This insight drove him to become one of only a handful of people worldwide certified in Adult Development Theory.**

Today, Arel helps organizations Build People Power™, transforming how teams work and win together through a breakthrough approach to human development. Through his work with one of the world's leading ADT theorists, he discovered what felt like an instruction manual for human potential—and has dedicated himself to making it accessible to leaders everywhere.

A tech co-founder of Talkadot, keynote speaker, and bestselling author, Arel has shown leaders from the White House to Fortune 500 companies how to create cultures where everyone wins together. His insights have been featured in *The New York Times*, *USA Today*, *Forbes*, and the *Huffington Post*, and he's appeared on *The Doctors*. *Inc.* Magazine named him to their "30 Under 30" list of America's top entrepreneurs.

But Arel's most powerful message comes from experience: We don't build our personal power in isolation—we do it shoulder to shoulder with those who want to bring our potential to life.

**Through his high-energy keynotes and workshops, he shows leaders how to meet their teams where they are and lead them toward their potential, creating breakthrough performance through the science of human development.**

