ZSOLT KUBECSKA

INTERNATIONAL SPEAKER · AUTHOR · THOUGHT LEADER

The Future of Being Human.

What makes a good, healthy and meaningful life in the world of tomorrow? Keynotes on Leadership, Longevity and Purpose – grounded in 30 years of leadership, research and lived experience.



Hospital CEO
14 years leading a psychiatric hospital

CEO RISH
Research Institute for Spirituality and Health

Founder
10X Leaders Academy

Senator
Senate of Economy Europe

Executive MBA
St. Gallen · Neuroscience coach

Leadership Award
2023

ABOUT ZSOLT

In 1970 his family fled Hungary with one suitcase – 3,000 kilometres, five countries, three months in a refugee camp. At 26, without a doctorate, he became CEO of a psychiatric hospital and led it for 14 years. He later served as COO of an international franchise organisation and led a conference centre through the pandemic. Today he leads a health research institute and the 10X Leaders Academy.

KEYNOTES · FOUR DIMENSIONS

01 **Longevity – Living Longer, Living Better**
What longevity research reveals about performance, decision quality and healthy years.

02 **Leadership – Developing People**
How people come to feel seen, trusted and supported – and grow beyond themselves.

03 **Purpose – Finding Meaning**
Direction, identity and belonging when roles and paid work change.

04 ★ SIGNATURE KEYNOTE
When Work Becomes Optional
A future scenario: where do we find meaning, identity and belonging when paid work is no longer necessary?

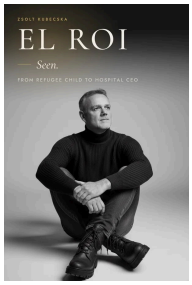
Also speaking on: Get up and walk · Leading means seeing · On the edge of the game (integration) · Learning at 40 · El Roi (faith-based events)

Seen. Trusted. Carried.

The human foundation that connects leadership, longevity and purpose.

+50 %	greater likelihood of survival with stronger social relationships Holt-Lunstad et al. 2010
11–15 %	longer lifespan for the most optimistic Lee et al. 2019
2×	higher mortality with the lowest sense of purpose Alimujiang et al. 2019

Associations, not proof of cause and effect.



THE BOOK

EL ROI – Seen.

From refugee child to hospital CEO. Memoir with seven life principles. German edition spring 2027.

FORMATS	Keynote 30–60 min · Workshop · Panel & moderation
LANGUAGES	English · Deutsch · Magyar
FEE	On request · Based in Basel, available across Europe

"Sure, you can."
– his mother, refugee camp near Trieste, 1970

BOOK A KEYNOTE

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