

Program Bio

Rashad Hayes | Transformational Speaker | Cancer Survivor | Resilience Strategist | Creator of the Don't Burn Your Cake®

Rashad Hayes is a powerhouse keynote speaker who knows what it means to fight for your life, literally and professionally. A cancer survivor, seasoned social worker, and dynamic communicator, Rashad transforms stages into spaces of breakthrough. He has made it his mission to help people turn burnout, identity fatigue, and uncertainty into moments of clarity, courage, and change.

Before stepping onto national stages, Rashad worked on the frontlines of oncology social work, where he supported patients and families navigating life-altering diagnoses. That experience, paired with his own battle with cancer, taught him that the strongest people often carry the heaviest emotional loads. It also revealed a critical truth: You can't pour from an empty cup, and you definitely can't bake a full life if your soul is burned out.

That truth sparked his movement: Don't Burn Your Cake®.

Today, Rashad is the voice behind the CAKE Reset, a practical and empowering framework that guides high-achieving professionals through the messy middle of burnout, healing, and personal transformation.

Rashad doesn't give speeches; he delivers experiences. His presentations are a mix of hard-earned wisdom, humor, and high-impact storytelling. Whether he's sharing how he went from the chemo chair to the main stage or walking professionals through how to reset their lives without quitting their jobs, Rashad's insights land deeply and linger long after the applause.

He is the author of *Stuck in the Pan*, a book that helps people recognize when they're being slowly drained by life's heat, and gives them the tools to step out, reset, and rise. Rashad's message has resonated with universities, school districts, nonprofits, and health organizations across the country.

When Rashad speaks, audiences don't just listen, they reflect, reset, and rise.