

Keynote Intro

Rashad Hayes — Transforming Burnout into Restless Resilience

Please welcome Rashad Hayes.

Rashad Hayes is a cancer survivor, speaker, and resilience strategist who transforms burnout into restless resilience. After years working in oncology social work and surviving a life-altering diagnosis himself, Rashad developed the Don't Burn Your Cake® message and the CAKE Reset Method, a powerful framework to help professionals reset, rediscover their worth, and reclaim joy.

Whether he's speaking to educators, healthcare teams, or corporate leaders, Rashad blends storytelling, strategy, and soul to help audiences stop proving and start doing. Get ready to reflect, reset, and rise.

Please welcome to the stage, Rashad Hayes!

