

Rashad Hayes is a keynote speaker, resilience expert, oncology social worker, and author who helps individuals and organizations perform at a high level without sacrificing their well-being.

At just 22 years old, Rashad's life changed forever when he was diagnosed with Follicular Lymphoma, an incurable form of blood cancer. What began as one of the greatest trials of his life became the foundation of a powerful message about resilience, purpose, and sustainable success.

Drawing from his personal journey, professional experience in healthcare, and research on burnout and organizational culture, Rashad delivers transformative presentations that challenge audiences to rethink how they approach adversity, achievement, and capacity. Through his signature keynote, **Don't Burn Your Cake®: How to Rise Without Burning Out**, he teaches practical strategies to protect energy, preserve authenticity, and achieve meaningful success without self-destruction.

Known for blending heartfelt storytelling, humor, evidence-based insights, and memorable baking metaphors inspired by his grandmother's kitchen, Rashad equips audiences with tools they can immediately apply in their personal and professional lives.

As a social worker in Oncology, PhD student, former collegiate athlete, and creator of the Don't Burn Your CAKE®, Rashad has inspired healthcare professionals, educators, leaders, and organizations across the country to transform pain into purpose and pressure into growth.

Audiences leave Rashad's presentations with more than motivation. They leave with a renewed perspective on adversity, a deeper understanding of their capacity, and a practical roadmap for thriving through life's seasonal, temporary, and enduring trials.

Because success isn't about doing more. It's about learning how to rise without burning out.

