

# ABOUT

## WRITTEN BIOGRAPHY

“Matthew Emerzian is the thought leader of humanness.”

**servicenow**

For the past 15 years, Matthew Emerzian has been on a mission to create a world where everyone embraces how much and why they matter. He is the bestselling author of four books, a highly sought-after keynote speaker, having taken the stage for Zoom, Google, Outreach, HP, Jack in the Box, Chili's, Genentech, Amgen, and more, and his work has been hailed by Oprah.com, The Today Show, Fast Company, and several other media outlets.

Matt is also the founder and CEO of Every Monday Matters (EMM), a non-profit organization that has impacted millions of lives. The EMM K-12 Education Program serves over 3 million students nationwide. The EMM Employee Engagement and Culture Program is changing the cultures of companies of all sizes. And the EMM Senior Living Program is bringing dignity and purpose to our senior population who deserves to know how much and why they matter.

After achieving great success in the music industry as the SVP of Robert Kardashian's music marketing company and working on projects for the biggest artists in the world, including U2, Avril Lavigne, Coldplay, and more, Matt woke up on a Monday morning with a massive panic attack that turned into chronic anxiety and depression. Realizing everything he thought mattered actually didn't, he set out on a journey to rediscover his life's purpose and why he matters. Matt realized that mattering is at the heart of everything and developed The Mattering Mindset™—a methodology that has transformed countless lives, organizations, and communities.

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