



Focused Areas:

- Enhancing Concentration and Productivity
- Cultivating Attention
- Managing Difficult Emotions

Jeremy Hunter, Ph. D.

“I teach leaders to cultivate self-awareness and develop skills in self-management to enhance their personal and professional contributions.”

Jeremy is the Assistant Professor of Practice at the Peter F. Drucker School of Management. He created and teaches The Executive Mind, a decade-old series of challenging and transformative education courses dedicated to Drucker’s assertion that “You cannot manage other people unless you manage yourself first.” He has been featured in the Wall Street Journal, Mindful, the Los Angeles Times, and National Public Radio’s Morning Edition.

Jeremy offers custom programs that can be scaled from half-day to multi-day development programs that are fun, informative, and practical. His clients have included Toyota Motor Sales, Northrup Grumman, the Los Angeles Police Department, John Laing Homes, Child Survivors of the Holocaust, Institute for Educational Advancement, and First AME Church of South Central Los Angeles. He has lectured at Brown University, the University of North Texas, the University of California at San Francisco, University of Southern California, and Wittenberg University.

Jeremy holds a bachelors degree in East Asian Studies, a Masters in Public Policy, and a Ph.D. in Human Development.