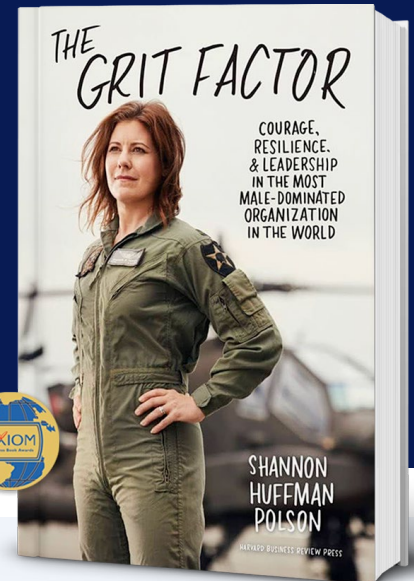




# Shannon Huffman Polson



## Bio

Shannon Huffman Polson is a **pioneering voice in leadership, grit, and purpose**, shaping the way top organizations and leaders navigate challenge and change. A sought-after keynote speaker and author, she equips Fortune 500 companies, executive teams, and rising female leaders with the mindset and tools to step into their full potential, gain the recognition they deserve, and lead with purpose.

As one of the first women to fly the Apache attack helicopter in the U.S. Army, Shannon has lived and led in high-stakes environments. She draws on her military experience, corporate leadership, and deep study of resilience to inspire professionals to thrive under pressure. She is the author of **The Grit Factor** and the founder of **The Grit Institute**, a leadership development platform for those seeking courage, clarity, and impact in their careers.

Shannon has worked with industry giants like **Microsoft, IBM, Verizon, and Intuit**, and her expertise has been featured in **MarketWatch, Financial Times, and The Today Show**. She is the host of the Facing the Wind podcast and holds an MBA from Dartmouth and an MFA in creative writing. Beyond her work, she is a dedicated community builder, having founded both the **Winthrop Library** and **Methow Episcopal Fellowship**.

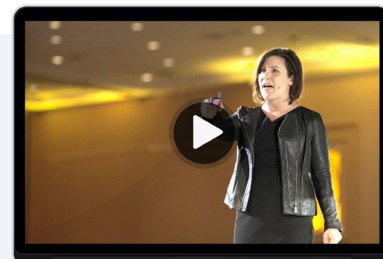
With her signature mix of compelling storytelling, research-backed insights, and practical strategies, Shannon Huffman Polson empowers audiences to **face adversity head-on, embrace their purpose, and lead with unwavering confidence**.

## Suggested Questions

1. Where do you see the most important lessons from your military experience applying in the corporate world?
2. What are you seeing as the most important trends for company focus in the future of work?
3. What are best practices for companies in the face of economic instability and uncertain futures?

## Featured by:

- The Today Show
- Newsweek
- Marketwatch
- The Financial Times
- Forbes
- Idea-cast (Harvard Business Review)
- and many more



Watch Video 

## Keynotes

- The Grit Factor: Courage and Resilience in Times of Challenge and Change
- Leading with Purpose
- Leadership Storytelling
- The Grit Mindset

## Connect with Shannon

**Phone:** 509-996-8011

**Email:** shannon@thegritinstitute.com

**Speaking inquiries:** www.thegritinstitute.com