

Short Bio

Paul J. Long is a leadership and culture expert who teaches organizations the principles of Fundamism™—a deliberate approach to connection that creates unbeatable workplace cultures. Drawing from his experience leading thousands, Paul's high-impact keynotes deliver actionable insights that energize teams, fuel engagement, and bring meaning back to work.

Long Bio

Paul J. Long is a leadership and culture expert who teaches organizations the principles of Fundamism™—a deliberate approach to connection that creates unbeatable workplace cultures.

In organizations today, there's a critical disconnect: leaders are overwhelmed, teams are carrying the weight of constant change, and yet companies expect exceptional cultures. Paul's work addresses this gap by showing that culture isn't something we fix—it's something we create through deliberate choices.

Drawing from his experience answering 80 customer service calls daily and leading teams of thousands for a Fortune 300 company, Paul developed Fundamism through real-world application. His methodology centers on three simple, actionable practices: owning what you can control, breaking cycles through brain pattern interrupts, and creating moments that matter.

His dynamic keynotes—"Culture By Design," "Beyond Satisfaction," and "The Unforgettable Leader"—equip leaders and teams with immediate strategies to reduce overwhelm, energize teams, and build cultures where people thrive.

As host of *The Fundamism Podcast*, Paul shares practical insights with culture champions who are transforming their organizations through the power of deliberate connection.