Shannon Huffman Polson Bio

100 Word Bio

Shannon Huffman Polson is the author of [*The Grit Factor: Courage, Resilience and Leadership in the Most Male Dominated Organization in the World*](https://amzn.to/2TPMm64), and the founder of [The Grit Institute](http://www.thegritinstitute.com), a leadership institute committed to whole leader development and a focus on grit and resilience.

As one of the first women to fly the Apache helicopter in the U.S. Army, Polson combines her passion and firsthand experience in and study of leadership and grit to deliver world-class keynotes and training to companies and organizations on leadership and grit.

Polson is a graduate of Duke University and the Tuck School at Dartmouth.