

# Wharton psychologist Adam Grant says men should learn to listen like they're wrong

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For the past seven years, [Adam Grant](#), age 37, has been [rated the top professor](#) at The Wharton School. With a PhD in organization psychology, Grant focuses his research on [mentorship](#), [emotional labor](#), and [gender equality](#), and has written extensively on these subjects.

He's the [author of three books](#), including [\*Option B: Facing Adversity, Building Resilience, and Finding Joy\*](#), which he recently co-wrote with Facebook executive Sheryl Sandberg.

I introduced myself to Grant in 2016 at a conference where I, at age 22, was among the least important people in the room. He made time for a chat over coffee, listened to my career anxieties, and has since opened countless doors for me, capitalizing on his professional network to advance my career, and the careers of women I believe in. Beyond mentorship, he uses his power to *sponsor* women.

In conversation with Quartz, Grant explains why willful blindness is the biggest threat to men today, how he uses research to change defensive men's minds, and the importance of listening like you're wrong.