Ruth C. White, PhD

INSPIRATION | MOTIVATION | TRANSFORMATION

MAKING THE WORLD HEALTHIER + HAPPIER

Available for:

Keynotes, Lectures, Panel Discussions, Workshops, Seminars & Consultations.

Featured Topics*

Beating Burnout: Organizational and personal strategies for stress management.

Managing for Mental Wellness: Create healthier and happier workplaces and workforces

Mentally Well: Lifestyle hacks for mental wellness and emotional resilience

Success with Less Stress: Live a healthier, happier and more successful life

A Step-Up: Essential management skills for social workers to move from front-line to back-end

From Disaster to Deterrence: Shift from crisis intervention to crisis prevention in mental health services

Crazy but Competent: Destigmatizing mental illness and change the narrative from hazard to hope

Model Citizen: Beyond corporate social responsibility to connecting your business with local communities

*Customized For Your Audience

Ruth is on a mission to make the world a healthier and happier place. With an engaging style, relevant content, and a dash of humor, she educates, inspires and motivates audiences to transform their organizations and their lives.

Inspired by her own journey of illness, recovery and resilience with bipolar disorder, she is a mental health educator and activist fighting against stigma and promoting mental health and well-being. She is the author of Preventing Bipolar Relapse, lead author of Bipolar 101 (with John Preston) and her next book - The Stress Management Workbook – will be published in June 2018.

With more than 20 years experience of speaking to thousands of people in trade organizations, corporations, governments, non-profits, communities and classrooms across the globe, Dr. White has built a reputation for thought-provoking keynotes, lectures, presentations and workshops that lead to paradigm shifts, organizational change and personal growth.

Dr. White is an Associate Clinical Professor in the Suzanne Dworak-Peck School of Social Work at the University of Southern California (USC), where she teaches human services management and social policy. For the last 20 years she has educated undergraduate and graduate students at San Francisco State University, McGill University, UC Berkeley and Seattle University, where she earned tenure. Working with organizations and communities in the UK, Canada, USA, Belize, Uganda and Jamaica, she has 25+ years of experience in developing, implementing, managing and evaluating programs in health, mental health, social welfare, and diversity/inclusion.

WellMind+

BBC Women'sHealth Woman'sDay

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Dr. White is a member of the editorial board of the American Journal of Public Health and has served as reviewer for the American Public Health Association, the American Journal of Health Behavior, Culture, Health and Sexuality, the Netherland Organization for Scientific Research, and the National Science Foundation, among others. She has served as expert witness for Columbia, NYU and Yale law schools, and for major law firms and human rights organizations on issues related to LGBTQ rights and HIV/AIDS stigma.

Ruth received her doctorate (social welfare) and MPH (global health, maternal and child health) from the University of California, Berkeley, MSW and BSW from McGill University, and Bachelor of Social Science in Sociology from l'Université d'Ottawa (Canada). She has also studied economics, finance and human resources management at the London School of Economics and Seattle University.

Past collaborative partners include:

- JPMorgan Chase
- Yale, Columbia and NYU Law Schools
- Network for Social Work Management
- Sidley, Austin LLP
- National Immigrant Justice Center
- Engineers Without Borders
- Uganda Ministry of Health
- Belize Red Cross
- National Alliance on Mental Illness (NAMI)
- Universities across the globe

"I was impressed by breadth of strategies suggested for managing stress."

Ramin Taleghani, Software Engineer

"Ruth White's presentation on cultural awareness brought new insight and opened doors."

Catherine Leslie, Engineers Without Borders – USA.

"Dr. White's talk about the stigma of mental illness was engaging, practical and thought-provoking".

-Jeffrey L. Edleson, Dean, School of Social Welfare,

UC Berkeley

"Several months later the students continue to refer to Dr. White's talk as a 'transformative experience'…"

-Katia Mitova, Chicago School of Professional Psychology

"She not only has passion for her desire and effect on social change, but is a dedicated force multiplier in inspiring others to think BIG and incite change"

-Beverly Nelson, Senior Consulting Professional

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