

Speaker Profile:

Rosie Ward

PhD, MPH, MCHES, BCC, CIC®

Dr. Rosie Ward is one of the top speakers in the country on organizational and employee wellbeing. Her high energy, lively, and engaging presentations have made her a sought-after speaker for HR, leadership, wellness, and benefit conferences. Her message resonates with C-Suite, executives and managers ready to embrace change and build a thriving culture at their workplace.

Rosie is an accomplished speaker, writer, and consultant. She has spent more than 20 years in worksite health promotion and organizational development. In addition to her bachelor's degrees in Kinesiology and Public Health, and a doctorate in Organization and Management, Rosie is also a Certified Intrinsic Coach® Mentor, Certified Judgment Index Consultant, a Certified Valuations Specialist, and a Board Certified Coach.

Rosie uses this unique combination to work with executive and leadership teams to create comprehensive development strategies centered on shifting thinking patterns. She is the co-author of the book, *"How to Build a Thriving Culture at Work, Featuring the 7 Points of Transformation"* and contributing author to the book, *"Organization Development in Health Care: High Impact Practices for a Complex and Changing Environment."*

She leverages these principles to help organizations develop and implement strategies to create a thriving workplace culture that values and supports wellbeing and the unique, intrinsic needs of employees.



Contact Rosie at:
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877-373-6850 (ask for Wendy Haan)
Twitter — @DrRosie



Contact Rosie for:

- Keynote Speaking • Onsite Workshops
- Pre-Conference Workshops
- Conference Breakout Sessions
- Workplace Presentations

A few of Rosie's presentation topics:

- Intentionally Creating a Thriving Workplace Culture
- Shifting Thinking to Create the Conditions for Sustainable Change
- Replenishing Your Energy to Effectively Lead Change
- Effective Leading via Better Thinking
- Extreme Makeover — Worksite Wellness Edition
- Moving Beyond Wellness to Create Sustainable Organizational Wellbeing
- Culture Eats Wellness for Breakfast: Creating a Framework for Sustainable Results
- Beyond Risk-Reduction: Shifting from Program Compliance to Sustainable Engagement
- Moving Beyond Incentives and the Behavior Change Trap for Lasting Results

Watch Rosie in Action:



Webinars by Rosie:

- The 7 Points of Transformation: A Step-by-Step Blueprint for Building a Thriving Culture at Work *Webinar for Health Promotion LIVE*
- How to Build a Thriving Culture at Work: What's Science Got to Do With It? *Webinar for Health Promotion LIVE*
- Leveraging Well-Being to Create a World-Class Culture *Webinar for Health Promotion LIVE *Part 1 of a 2-part series*
- Moving Beyond the Behavior Change Trap *Webinar for Health Promotion LIVE *Part 2 of a 2-part series*

Testimonials:

"Rosie Ward is an energetic, vibrant and forceful speaker. She can move the masses through intelligent thought – one that inspires the change in all of us. You simply go away from spending time with her feeling like she's given you superpowers!"

– Cathy Thompson, Director of HR, Grandview Lodge

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"I heard Rosie for the first time at a National Wellness Conference three years ago and was mesmerized, not only with her message, but also with her energy, enthusiasm and knowledge! She is not only aware of what isn't working in the wellness industry, but she had big, bold, new ideas of what can work! I immediately booked her for our annual Working Well CEO Breakfast two years ago. Everyone was WOWed by her and raved about her presentation for months! Two years later, we are bringing her back again and have a sold out audience who can't wait to hear what she has to say! Rosie is at the forefront of the paradigm shift that is going on in wellness today because of her understanding of the total interdependence of organizational and employee well-being. She not only sees the need for change, but also has innovative ideas of how to make those changes. She totally engages her audience from the moment she walks on stage with her forward thinking, presented with great humor and animation. If you want to hit a home run with a speaker, bring Rosie to your next event!"

– Mary Barley, Executive Director of Working Well, Tallahassee, FL

Praise for Rosie:

“Dr. Rosie Ward has emerged as one of the greatest presenters this decade in the field of workplace health promotion. Bringing her unique perspective to a field in need of innovative ideas, she puts employers on the right track when it comes to improving wellbeing within their organizations. Rosie’s energetic and polished speaking style will keep you engaged and longing for more of her wisdom. After hearing Rosie present five years ago, I have followed her work and speaking schedule — always gaining new knowledge and practical advice to use in my work. From an intensive workshop to a keynote address, Rosie always delivers the most relevant content for her audience. I am looking forward to what she will bring to our field in the future!”

— Patti Rittling, PhD, CHES - Health Management Practice Leader, Virginia, Marsh & McLennan Agency

“I have had the privilege of hearing Dr. Rosie Ward speak on several occasions. She has never disappointed me, and I continue to recommend her to others. After hearing her speak initially, she was invited to be a guest speaker at a well-attended Human Resource event and, although this can be a tough and critical crowd, the attendees were buzzing about the message and positively charged by the end of her session. I again brought her to conduct a leadership workshop for our sales management team. Dr. Rosie Ward has the ability to light up a room with her energy and approach. She is very passionate about what she does and the messages she shares. This passion resonates well with the attendees and helps them take action and foster change.”

— Kim Larish, VP of HR, E.A. Sween Company

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“Rosie has delivered a half dozen presentations for my organization since 2011 — including conference keynotes, workshops, and webinars — and the reviews are always off-the-charts enthusiastic! Her fast-paced, content-rich, thought-provoking presentations leave audiences energized and buzzing! Rosie is smart, dynamic, funny, and absolutely passionate about her work and message. All of this comes through when she speaks, but here’s the thing that really grabs audiences and sticks with them: she challenges people to think, and then to think differently! Rosie proposes innovative ideas and approaches to organizational and employee and wellbeing that are grounded in science, research, and experience. She truly is a thought leader and authority in this field. Paired with her friendly, outgoing personality and great sense of humor, people connect with her and her message, and she inspires them to action. On a practical note: Try not to schedule another speaker in the same room following Rosie — the crowd of people surrounding her will make it difficult to begin your next session!”

— Jon Smith, Health Promotion Specialist, Association of Washington Cities

“I have had the pleasure of listening to Dr. Rosie Ward speak more than half a dozen times. Each time I’ve been inspired, educated, challenged to think differently and encouraged. The abundant energy and research Dr. Ward brings to her presentations coupled with her “straight talk” and urgency of message has motivated me as a health promotion professional to change my thinking and delivery of traditional worksite wellness programs. Dr. Ward is a thought leader smack in the middle of where employee health promotion meets organizational development — where leadership impacts culture and culture impacts employee wellbeing. Right where we need to be. A powerhouse speaker, Dr. Rosie Ward’s message is a game-changer.”

— Kira Kimball, MEd, MA, Business & Wellness Development Coordinator, Sanford Health Plan, Sioux Falls, SD