

Ryan Bio

Ryan M. Niemiec, Psy.D. is a leading figure in the education, research, and practice of character strengths that are found in all human beings. He's education director of the VIA Institute on Character, a nonprofit organization in Cincinnati that leads the global advancement of the science of character strengths. Ryan is author of 10 books including the brand new consumer-oriented books [*The Power of Character Strengths*](#) (a #1 Amazon bestseller) and [*The Strengths-Based Workbook for Stress Relief*](#), as well as practitioner-focused books that are leaders in their respective fields including, [*Character Strengths Interventions*](#), [*Mindfulness and Character Strengths*](#), and [*Positive Psychology at the Movies*](#). He has two positive psychology books scheduled for 2020.

Ryan is creator of the evidenced-based, 8-week program, Mindfulness-Based Strengths Practice, used across the globe by practitioners; MBSP was the first positive-oriented mindfulness program, the only mindfulness program to target what's best in us (our character strengths), and the only one to use positive qualities (our character strengths) to improve meditation and mindful living.

Ryan has penned around 90 scholarly/peer-reviewed articles and given more than 800 workshops, keynotes, and webinars on positive psychology topics across the globe. He's a columnist for *Live Happy Magazine* and for *Psychology Today*, the latter which his column has 1-2 million reads. He's an award-winning psychologist, certified coach, annual instructor at the University of Pennsylvania, and adjunct professor at Xavier University. Ryan received a Distinguished Early Career Award from the American Psychological Association in 2011, and was granted Fellow status of the International Positive Psychology Association in 2017. On a personal note, Ryan lives in Cincinnati with his wife and three young, zestful children who travel the globe together. Ryan is an avid collector of vintage Pez dispensers, a passionate fan of *The Walking Dead*, only listens to 1990s alternative rock music, and is a zealot for his alma mater, Michigan State University. His highest strengths are hope, love, honesty, curiosity, fairness, and appreciation of beauty.