

**Richard M. Ryan** is the most cited psychologist in the world today and cofounder of Self-Determination Theory, the prevailing theory of human motivation and the basis of practice in organizations, clinics, and sport teams internationally.<sup>1</sup>



Richard Ryan, Ph.D., is a Professor at the Institute for Positive Psychology and Education at the Australian Catholic University, North Sydney, where he has been acknowledged by *The Australian* as one of Australia's top researchers listing him on the Lifetime Achievers Leaderboard. He is also a Distinguished Professor in the College of Education at Ewha Womans University and Professor Emeritus in Psychology at the University of Rochester. Outside of academia, he is a co-founder of motivationWorks, an organizational research and consulting firm where his speaking and consulting clients include Fortune 100 companies.

As a clinical psychologist and co-developer of *Self-Determination Theory (SDT)*, he is the leading expert on motivation and vitality -- how we cultivate high-quality motivation and engagement, foster positive change, and enhance vitality and wellness. Ryan lectures frequently in the United States and abroad on the factors that promote motivation and healthy psychological and behavioral functioning; applied to such areas as work and organizations, education, health, sport and exercise, video games and virtual environments. Reflective of Ryan's influence internationally and across disciplines, he has been recognized as one of the eminent psychologists of the modern era<sup>2,3</sup>, and listed among the Top 20 most influential industrial-organizational psychologists<sup>4</sup>.

Ryan is the most-cited psychology scientist in the world today<sup>5</sup> and has authored over 450 papers and books in the areas of human motivation and well-being, including his books, *Self-Determination*

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<sup>1</sup> Research.com [World Ranking of Top Psychology Scientists in 2022](#) (1<sup>st</sup> Ed).

<sup>2</sup> Sternberg, Fiske, & Foss, 2016, [Scientists Making a Difference](#): One Hundred Eminent Behavioral and Brain Scientists Talk about their Most Important Contributions. Cambridge University Press.

<sup>3</sup> Diner, Oishi, & Parker, 2014, [An Incomplete List of Eminent Psychologists of the Modern Era](#), *Archives of Scientific Psychology*.

<sup>4</sup> Human Resources MBA, [The 30 Most Influential Industrial and Organizational Psychologists Alive Today](#).

<sup>5</sup> Research.com [World Ranking of Top Psychology Scientists in 2022](#) (1<sup>st</sup> Ed).

*Theory: Basic Psychological Needs in Motivation, Development, and Wellness* (Ryan & Deci, 2017) and *Glued to Games* (Rigby & Ryan, 2011). Even *New York Times* bestselling management books cite and recognize Richard Ryan and his SDT co-founder Edward Deci as the world's biggest experts in motivational design...“Ryan and Deci are the sun around which all this other research orbits. They're true pioneers. Forty years from now, we'll look back on them as the most important social scientists of our time.”<sup>6</sup>

Reflective of Ryan's influence internationally and across disciplines, he has also been honored with three lifetime achievement awards for his work on motivation, personal meaning, and self and identity, and has received an honorary degree from the University of Thessaly and an honorary membership to the German Psychological Society.

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<sup>6</sup> Daniel Pink, *Drive*, 2009. Also see Schmidt & Rosenberg, 2017; Bock, 2015; Doshi & McGregor, 2015; Fowler, 2014; Friedman, 2014; Goldberg & Somerville, 2014.