Dr. Julie Radlauer

SOCIAL INFLUENCES SPEAKER

HELPING PEOPLE LIVE HAPPIER LIVES THROUGH SOCIAL CONNECTION

Dr. Julie Radlauer is an international keynote speaker, founder of Collectively, a TEDx speaker, and a best-selling author of CONNECT. 100 Ways to Create Happiness in your Life. As a leading expert in the social influences of mental health she uses her experience in Behavioral Health to impact individuals, organizations, systems, and communities. Her approach is collaborative, creative, and curious as she strives to educate the masses about how they can impact mental health for themselves and those around them.

She has extensive experience in behavioral health, public health, and organizational development for more than 25 years. Through speaking, coaching, curriculum development, and writing she supports health and well-being. She is passionate about creating a world where positive mental health is a human right.

Dr. Julie's Speaking Style

Dr. Julie is an engaging speaker who blends research with stories and experiences and guarantees people will walk away with tangible tools to enhance mental health and support their growth to live happier, healthier lives.

KEYNOTE TOPICS

The Power of Social Connection

- The science of social connection and why new need to connect
- Understanding the Social Influences of Mental Health
- The 5 science-based social aspects of our lives that improve mental health
- The 9 science-based elements of connection and support to create happiness

collectively

Creating Socially Connected Leaders

- Why social connection matters for effective leadership
- Practical strategies for socially connected leadership
- The transformative impact of socially connected leaders

Creating Socially Connected Organizations

- The impact of workplace belonging on mental health and productivity
- Strategies to build an inclusive and connected work culture
- Leadership's role in fostering meaningful employee connections
- Addressing loneliness in the workplace

Strengthening Social Connection for Youth Wellbeing

- Addressing the youth mental health crisis through social connection
- Creating supportive school and community environments
- Helping parents and caregivers support youth in fostering meaningful connections
- The role of schools and educators in strengthening social connection

Utilizing Social Media for Good and as a Tool for Connection

- Engaging youth in healthy social media use for mental health and connection
- Balancing online and offline connections for a healthier social life
- Mindful scrolling: How to consume content that inspires rather than harms
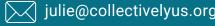- Using social media for mental health support (online mental health community)

Social Connection as a Solution to Global Mental Health Crisis

- Understanding the rise of loneliness and its impact on mental health
- Addressing the global epidemic of loneliness through community support
- How communities can create spaces that foster belonging
- Social connection as a human right in diverse communities

LET'S CONNECT!

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in Dr. Julie Radlauer-Doerfler, LMHC 📷 collectively_us ▶ @collectively-us

KIND WORDS

"By far the most enlightening and relatable TED Talk I have ever heard."

TED TALK ATTENDEE

"If you're seeking an empowering and enlightening keynote speaker, you absolutely must consider booking Dr. Julie. Her presentation, 'How to Create Happiness Through the Social Influences of Mental Health,' was both impactful and thought-provoking. She masterfully wove together research with personal anecdotes, making the subject matter both relatable and engaging for everyone in the audience."

UNITED NATIONS SPEECH ATTENDEE

"Dr. Julie's speech profoundly highlighted the significance of in-person social connections in today's tech-driven, post-pandemic world. Her insights into how social interactions influence mental health and how social connectivity acts as a protective factor are crucial. **Three words to describe her and her speech would be: knowledgeable, fact-based, and impactful."**

CONNECT. PROGRAM PARTICIPANT

DR. JULIE'S CLIENTS